The world's largest global newspaper
metro®
VANCOUVER • WEEKEND FEBRUARY 20-22 2009 metronews.ca

TRAVEL EXPO

Presented by FLIGHT CENTRE® Unbeatable

FREE ENTRY

Vancouver Convention & Exhibition Centre

1 DAY ONLY
Feb. 21st
10am - 6pm

Exclusive Deals ▪ Massive Savings ▪ Fantastic Prizes ▪

flightcentre.ca/travelexpo

TRAVEL EXPO

Presented by FLIGHT CENTRE Unbeatable

Vancouver Convention & Exhibition Centre

1 DAY ONLY
Feb. 21st
10am - 6pm

Exclusive Deals ▪ Massive Savings ▪ Fantastic Prizes

FREE ENTRY

At the show:

- Expert advice from leading travel companies
- Entertaining and informative travel presentations
- Book exclusive deals on the day for massive savings
- Enter to win one of many fantastic prizes

Pre-register at any Flight Centre store or online at www.flightcentre.ca/travelexpo for your chance to win an all-inclusive trip for 2 to Cancun or Punta Cana courtesy of Sunquest Vacations.

Disney Parks · México Beyond Your Expectations · WestJet · WestJet vacations · Sandals The Luxury Included Vacation · Nolitours · G.A.P Adventures the great adventure people · Air Canada · Air Canada Vacations · transat holidays · on the go · Sunquest · Cathay Pacific · signature vacations · GOGO Worldwide Vacations · Beaches Resorts by Sandals · Globus Every journey tells a story · Club Med · Cunard · Princess · Air New Zealand · airberlin · Insight Vacations The Art of Touring in Style · Back-Roads Touring Co. · Trafalgar · Topdeck · contiki · Royal Caribbean International · mexicana · Tourism New Zealand · Yokoso! Japan · sunwing · Alamo · RBC Insurance · Celebrity Cruises · Intrepid · NCL Norwegian Cruise Line Freestyle Cruising · Azamara Cruises · Qantas · Carnival

flightcentre.ca/travelexpo

OLYMPIC SECURITY TO COST $900 MILLION, PG2

The world's largest global newspaper

metro

VANCOUVER • WEEKEND, FEBRUARY 20-22, 2009 metronews.ca

† Limited time offer. Rate subject to change. See branch for full details.

Academy **Awards**

Movies

- **Metro's movie reviewers weigh in on who deserves an Oscar, pg 16**
- **Let them speak, say readers, pg 17**

Music

- **Alan Cross pits this year's best original song nominees against past winners, pg 21**

Television

- **Ben Mulroney reveals details of etalk's red carpet Oscar special, pg 22**

Sunday

- **Movie reviewer Chris Alexander offers his view on the Oscar broadcast as the envelopes are opened at metronews.ca**

Monday

- **Be sure to read Monday's recap of who won, and Enza Anderson's critique of red carpet fashions.**

Riding the **Recession**

Looking for ways to save money and ride out the economic storm? For the next six weeks, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Canada

- **How independent businesses are trying to attract new customers, pg 8**

Next week

- **Comment – Anne Hines looks for humour in the economic downturn.**
- **Workology – Tips for employees feeling survivor syndrome when their co-workers are laid off.**
- **Food – How to grocery shop on a tighter budget.**

JIM YOUNG/REUTERS

U.S. President Barack Obama walks past an RCMP honour guard after arriving Thursday in Ottawa. Obama's visit was his first trip outside the U.S. since becoming president. More coverage, pages 6, 8.

'I love this country'

Obama refreshes Canada-U.S. relations in lightning visit

Barack Obama swept aside eight years of jangled Canadian nerves and cross-border tensions Thursday, singling out his northern neighbour as the first choice for a new American partnership with the world.

In a lightning visit designed to turn a fresh page in Canada-U.S. relations and tamp down trade worries, Obama made all the right sounds, including a declaration that "I love this country and think that we could not have a better friend and ally."

It was consummate Obama — a charm offensive the likes of which Ottawa has seldom, if ever, seen. And it was reciprocated, from the rock-star welcome for his motorcade to the thrilled cheers of those who witnessed the president's unscheduled hunt for souvenirs in the capital's By-Ward Market.

Obama's**Visit**

The day was a triumph, too, for Prime Minister Stephen Harper, who found his level with Obama in an expansive question-and-answer session with journalists, the only unscripted moment of a carefully scheduled day.

Despite big differences in philosophy and style, Obama and Harper presented a common front on issues as varied as the war in Afghanistan, reversing the recession and pushing back the hot-button issue of trade protectionism.

Together, they announced a "clean energy dialogue" aimed at finding technological answers to the twin environmental dilemmas of Alberta oilsands and American coal.

Obama called the development of clean energy, "one of the most pressing challenges of our time" but also conceded there were no "silver bullets."

Tone triumphed over substance yesterday as Obama used the first foreign trip of his presidency to broadcast to Canada and the world his clear intention to "work with friends and partners to meet the common challenges of our time.

"The United States is once again ready to lead, but strong leadership depends on strong alliances and strong alliances depend on constant renewal ... That's the work that we've begun here today," Obama told a news conference.

TORSTAR NEWS SERVICE

ShareYour**Views**

vancouverletters@metronews.ca

5 arrested as kidnapped youth rescued

KRISTEN THOMPSON
kristen.thompson@metronews.ca

TAKEDOWNS Five people were arrested in three simultaneous takedowns in Vancouver and Burnaby Thursday morning to rescue an 18-year-old UBC student who was kidnapped three days earlier.

The victim was taken from his West End home on Sunday while kidnappers called his parents — who live in China — to demand what police say was a "very large ransom."

It's unclear why the victim was targeted and his name has not been released.

Vancouver Police Chief Deputy Doug LePard said investigators were working around the clock to find the teenager.

"As soon as we were notified we initiated an extensive and complex investigation that included wiretaps and round-the-clock surveillance," LePard said. "While the events were unfolding we identified several residences and suspects and placed them under surveillance."

At 7:45 Thursday morning, police stopped vehicles at Fraser Street and Kingsway, Main Street and Marine Drive, and Kingsway near Metrotown, arresting five suspects and rescuing the victim, who was unharmed.

Police used flash-bang grenades during the rescue, which residents thought were gunshots.

"It was an unbelievable investigation under very trying circumstances," LePard said.

Please recycle

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Land designated off-limits as caribou habitat by province
The B.C. government has designated off limits more than two million hectares in the province's interior for logging and road building to limit disturbances to mountain caribou. The closures are intended to help herds recover to the pre-1995 level of 2,500 animals. **METRO VANCOUVER**

Local

Baby orcas spotted

Two baby killer whales have been spotted off the southern coast of Vancouver Island bringing the population to 85. Although it's unusual to see the whales in the area this time of year it's believed that fewer salmon in California forced them into northern waters. CBC.CA/BC

Olympic security tab pegged at $900M

JEFF HODSON
jeff.hodson@metronews.ca

VANCOUVER 2010 Games

Security for the 2010 Games will cost $900 million — more than five times the initial estimates of $175 million, the federal and provincial governments announced Thursday afternoon.

The deal, announced shortly after U.S. President Barack Obama left Ottawa, will see the federal government pay $647.5 million and British Columbia $252.5 million.

Canada will assume any additional, unforeseen security costs.

"I've said all along, it's the RCMP and the federal government that have the responsibility for security," said B.C.'s Finance Minister Colin Hansen. "We just have a responsibility for funding a portion of it. With these new arrangements, we're living up to our obligation."

The funding includes:
- $491.9 million for RCMP
- $212 million for Department of National Defence
- $11 million to Canadian Security Intelligence Service
- $137 million federal contingency for unforeseen events

> **"A well-secured Olympics ... one where people feel good and they feel safe, will contribute to Canada's reputation."**
> VANOC CEO John Furlong

VANOC CEO John Furlong said the $900-million price tag was the "right budget" to make sure everybody feels safe and secure.

"A well-secured Olympics, a happy Olympics, one where people feel good and they feel safe, will contribute to Canada's reputation."

B.C.'s share includes $87.5 million earmarked for Olympic security ($63.7 million of which will be paid shortly, by the end of the 2008 fiscal year) and an extra $165 million over three years. The money will be earmarked for shared federal-provincial infrastructure projects.

It raises B.C.'s commitment to the Games to $765 million, up from $600 million. The amount, he said, includes a $79-million contingency fund that has not been allocated.

Curling centre the final Games venue to open

KRISTEN THOMPSON
kristen.thompson@metronews.ca

With 51 weeks until the Olympics, organizers of Vancouver's Games marked a major milestone Thursday with the opening of the Vancouver Olympic and Paralympic Centre, the final sporting venue for the 2010 Vancouver Games.

The centre, located in Hillcrest Park next to Nat Bailey Stadium, is home to curling during the Olympics and wheelchair curling during the Paralympics.

"It has given us an enormous advantage," said VANOC CEO John Furlong, following an opening ceremony yesterday that saw Olympian Georgina Wheatcroft and Paralympians Gary Cormack throw ceremonial rocks.

"It's not the advantage of having it finished and knowing it's over, it's the advantage of being able to put the Canadian team in these venues to get ready, to create home-field advantage."

JEFF HODSON / METRO VANCOUVER

Vancouver Mayor Gregor Robertson, left, with Premier Gordon Campbell and Musqueam Chief Ernest Campbell, right, sweep an inaugural rock at the opening of the Vancouver Olympic and Paralympic Centre Thursday.

VANCOUVER 2010 Games

Wheatcroft, who won bronze with Kelly Law's rink at the 2002 Games in Salt Lake City, said she was more nerve-wracked throwing out the opening rock than she was during the 2002 Games.

The building is environmentally friendly, incorporating a heat transfer system that uses waste heat to warm building spaces and water.

It also uses rainwater collection for toilets.

Hitting the ice

- Vancouver will get its first look at the new facility this weekend as the centre plays host to the 2009 World Wheelchair Curling Championship.

City police seeking help in solving string of violent robberies

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Vancouver Police are asking for the public's help in identifying a man they believe is responsible for seven violent robberies, five of which happened in the past week.

Const. Jana McGuinness said the robberies have taken place mostly in southeast Vancouver at convenience stores, gas stations and small restaurants.

"The commonalities is (the suspect) goes into the store, pulls out a large hunting knife, keeps it pointed on the clerk and helps himself to the money in the till," McGuinness said.

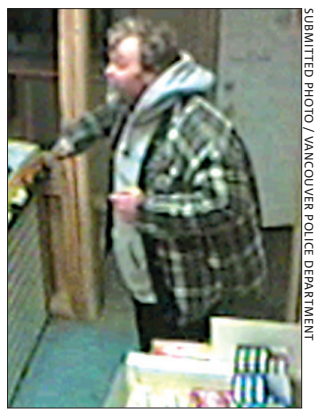
"We believe he's escalating in violence and the frequency of robberies."

The man is also the suspect in an attempted carjacking, which happened on East 10th Avenue on Monday afternoon.

A man approached a woman in a parking lot, held a knife toward her and demanded her van. She ran off to call police and the would-be thief fled.

"This is a crime of opportunity. He needs quick cash and he'll do whatever he can to get it," McGuinness said.

"He's quite recognizable and we're hoping the public can give us a hand in identifying him."



SUBMITTED PHOTO / VANCOUVER POLICE DEPARTMENT

The suspect in a series of robberies that police say are escalating in violence is seen in these security camera images. He is known for carrying a large hunting knife

'Hand' was a bear paw: RCMP

SUSPICIOUS The "hand" found on a B.C. beach turned out to be a bear paw, RCMP announced on Thursday afternoon.

A man walking along the shoreline at Kulleet Bay near Ladysmith made the discovery at approximately 4 p.m. on Wednesday and phoned police.

With the assistance of the B.C. Coroner's Service, it was determined that the remains are that of a bear.

Cpl. Darren Lagan said that in situations such as this, police proceed as if the remains are human until proven otherwise.

"In this case, the assistance of a Simon Fraser University anthropologist was utilized to determine the species of the remains, a task often requiring expert analysis," Lagan said in a release.

The supposed hand grabbed a lot of attention because six detached feet have been found washed ashore on B.C. beaches in just over a year.

KRISTEN THOMPSON / METRO VANCOUVER

Stop crime on the sly: Campaign

POLICING If you turn in information about a crime, you remain anonymous — criminals don't.

That's the new slogan being touted by Crime Stoppers, which yesterday unveiled a new campaign to coincide with its 25-year anniversary in the Metro Vancouver region.

The message is especially timely given the recent rash of deadly gang violence, which has police pleading for witnesses to come forward with tips and information.

Last year's tally

- Greater Vancouver Crime Stoppers handled 3,400 anonymous tips in 2008.

"The new campaign will ... reassure people that their anonymity is secured if they are still hesitant to contact us with their tips," said John Ashbridge, a member of the Greater Vancouver Crime Stoppers Board of Directors.

METRO VANCOUVER

News in brief

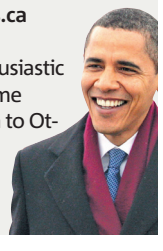
GANGS Local mayors and police released a list of 11 action items on gang violence in Surrey Thursday. The list includes tougher sentences for firearms, enhanced border security, dedicated Crown counsel for gang-related crimes and more police resources.

LOCKDOWN A North Vancouver high school was locked down Thursday after an anonymous caller reported that someone in the school had a gun. METRO VANCOUVER

metronews.ca
WHAT'S ONLINE TODAY

Analysis What the president and prime minister gained from yesterday's tour at **metronews.ca/canada**

Videos Enthusiastic crowds welcome Barack Obama to Ottawa at **metronews.ca/canada**



the new **fido**™

Giving low prices a good home.

TOSS YOUR LANDLINE
save even more

FULLFIDO™

$40

PER MONTH[1]

- **2,000 ANYTIME MINUTES[2]**
- **UNLIMITED TEXT MESSAGING[3]**
- **PER-SECOND BILLING**

PHONES AT

$0

With 2-year Fido Agreement[4]. Maximize your savings!
Other phones available.

THE NEW OWNER'S GUARANTEE

1. No System Access Fees
2. Free text alerts for budget control
3. No term contract necessary
4. We give back with FidoDollars™ every time you use your phone

SHOP FIDO.CA
Drop by a store
Call 1-866-301-3436

FIDO STORES

VANCOUVER
483 Robson Street
Pacific Centre
Oakridge Centre
Park Royal Shopping Centre, West Vancouver

BURNABY
Brentwood Mall
Lougheed Town Centre
Metropolis at Metrotown
Royal Oak Fido Store

LANGLEY
Willowbrook Shopping Mall

PORT COQUITLAM
Coquitlam Centre

RICHMOND
Richmond Centre

SURREY
Guildford Town Centre

EXCLUSIVE DEALERS

VANCOUVER

B MOBILE
665 Robson Street

CELLULAR BABY
1191 Robson Street
2460 Heather Street
Capilano Mall, North Vancouver
City Square Mall, Vancouver
Park Royal Shopping Centre, West Vancouver

PEPPER WIRELESS
First Avenue Market, Unit 102
3189 Main Street

SKYNET
Arbutus Village
8269 Granville Street
6338 Fraser Street

UNIPAGE
Royal Centre
88 West Pender Street

WIRELESS WORLD
6596 Victoria Drive

ABBOTSFORD

GENERATION WIRELESS
Seven Oaks Shopping Centre

SKYNET
Meadow Fair Plaza

WIRELESS WORLD
32330 South Fraser Way, Unit 4

BURNABY

CELLULAR BABY
Metropolis at Metrotown
Metrotown Centre

PEPPER WIRELESS
Crystal Mall

UNIPAGE
Crystal Mall
Metrotown Centre

WIRELESS WORLD
Hannam Supermarket, 4501 North Road #106

COQUITLAM

SKYNET
101A – 2748 Lougheed Highway

UNIPAGE
Henderson Mall

DELTA

WIRELESS WORLD
Scottsdale Mall

MAPLE RIDGE

SKYNET
Haney Place Mall

NEW WESTMINSTER

PEPPER WIRELESS
Royal City Centre

RICHMOND

CELLULAR BABY
Richmond Centre

PEPPER WIRELESS
Yaohan Centre
Lansdowne Centre
Aberdeen Centre

SKYNET
4020 No 5 Road

UNIPAGE
Aberdeen Centre
Lansdowne Centre
Parker Place

SURREY

NONI WIRELESS PLUS
Peninsula Village
6926 King George Hwy
Real Canadian Superstore, 7550 King George Hwy
102 - 6955 – 128th Street

PEPPER WIRELESS
Central City Shopping Centre

SKYNET
7500 Scott Road, Unit 104
9182 – 120th Street

UNIPAGE
Central City Shopping Centre

WIRELESS WORLD
1 - 8388 – 128th Street
3 - 13634 – 104th Avenue
12845 – 96th Avenue

FUTURE SHOP
BEST BUY
WIRELESSWAVE
booth the telephone booth
WIRELESS etc...
COSTCO WHOLESALE
WAL★MART

Offers and pricing subject to change without notice. **1.** A one-time activation fee of $35 per line applies. Local airtime over the allotted monthly minutes in the monthly plan, long-distance and roaming charges and any additional options selected and applicable taxes are extra and are also billed monthly. **2.** Local airtime minutes apply only within the **FULL**FIDO zone; additional minutes inside your zone and airtime used for calls made and received outside your **FULL**FIDO zone cost 35¢ per minute. **3.** Unlimited text messages sent from Canada to a Canadian wireless number. Text messages received from another mobile phone are free. There is a charge per text message received via E-mail to your Fido and for premium text messages (alerts, messages related to content, contests and promotions). **4.** Phones shown are available at $0 with a 2-year Fido Agreement; early cancellation fees apply. Without a Fido Agreement, the Nokia 2760 phone is at $50, the Nokia 3500 phone is at $100 and the MOTORAZR V3 phone is at $100. Taxes not included. ™ Fido & design, **FULL**FIDO, FidoDollars and *Giving low prices a good home* are trademarks of Fido Solutions Inc. © 2009 Fido Solutions Inc.

Buddy, can you spare $20.10

A new Own the Podium fundraising campaign is asking people to donate $20.10 to support Canadian athletes at olympicfoundation.ca. The program is designed to help Canada win more medals in the Vancouver 2010 Olympics. METRO VANCOUVER

Bejewelled for Oscar

Vancouver-based jewelry designer Sonja Picard has a second once-in-a-lifetime chance at shining at this year's 81st annual Academy Awards.

For the second year in a row Picard will be designing the jewelry for ABC's on-air journalist Carla Wohl.

Wohl heard about the jewelry through one of Picard's stores in Hollywood and proceeded to contact them requesting jewelry be made.

"She (Wohl) just likes the meanings behind the jewelry and the style of it," she said Thursday.

The designs are based on yoga symbols.

Picard had very little time to sketch the ideas she had, get them approved by Wohl and then create the designs.

Jewelry by Vancouver designer Sonja Picard will be worn at the Oscars by reporter Carla Wohl.

"It's a very competitive market to get onto the Oscars because you're competing with such high profile jewelry companies such as Cartier or Neil Lane," Picard said. "For a small designer to even just be apart of the Oscars is a big deal for us."

TARYN MCELHERAN/ FOR METRO VANCOUVER

The 81st Annual Academy Awards

Larger than life star gazing at space centre

TARYN MCELHERAN
for Metro Vancouver

A different type of star will be projected on the planetarium's large screen this Sunday as the Academy Awards will be shown at the H.R. Macmillan Space Centre in Kitsilano.

Organizer Randy Vannatter said people will be able to watch the Oscars on a more than 10-metre (35- to 40-foot) section of the screen while mingling with fellow film buffs and gossiping about those larger-than-life stars.

"We have also asked the Academy of Canadian Cinema and Television to send out word to all of the film industry members as well as the Actors Guild," Vannatter said. "They are endorsing it in terms of people in the film industry congregating together towards the awards show."

Guests will be served a three-course steak dinner, receive a swag-bag and an Oscar contest will be held to see who can predict the most winners.

"Watching the awards on one of the largest screens in Vancouver is an experience on it's own," Vannatter added. It's quite cool and quite unique and we're hoping to make it an annual event."

The 81st Annual Academy Awards

Showing

- When: Sunday at 5 p.m.
- Where: H.R. Macmillan Space Centre
- Cost: $50 per person
- For more info about tickets: vancouveram.org or call 604-612-9300

News in brief

ASSAULT A 20-year-old man has been arrested in connection with the sexual assault of a Burnaby woman attacked by a stranger who broke into her home. Jason Robert MacFadden is facing various charges.

DIVORCE An additional divorce payment of $649,680 has been restored to a mentally unstable B.C. farmwife by The Supreme Court of Canada, CBC News Online reports. The ex-husband of 29 years hid some of their assets from her.

PROTEST New Democrat MLA David Chudnovsky joined the tenants of two buildings on Fraser Street to protest a plan to replace them with rental units, condos and town houses that would be unaffordable for the current tenants.

LAYOFFS B.C.-based Catalyst Paper Corp. cut 127 jobs at its Powell River mill due to the slumping economy, CBC News Online reports.

CHARGES Two Langley men have been charged after leading the RCMP to a chop shop, news1130.com reports. Stolen vehicles and trailers were found at the Langley home.

METRO NEWS SERVICES

A year in the making: Illuminate artistically lights up Yaletown

A festival of light is taking place in Yaletown this Saturday as Canada Line construction nears completion in the trendy neighbourhood.

For more than a year, local businesses had to endure road closures and reduced access. Illuminate Yaletown is expected to light up the area with new and returning patrons.

Saturday's festivities

- When: 5:29 p.m. (official sunset) to 9:30 p.m.
- Where: Yaletown District, situated mainly between Hamilton and Mainland streets
- Info: yaletowninfo.com or shoptheline.ca

The 27 light installations are designed and developed by artists, architects, and pyrotechnicians and are combined with music and interactive activities.

Annette O'Shea, executive director, said the event is co-sponsored by Canada Line.

"We live in such a great province, but there aren't that many outdoor winter events to showcase it," she said yesterday.

TARYN MCELHERAN/ FOR METRO VANCOUVER

ShareYourViews
vancouverletters@metronews.ca

Please recycle

SFU

A CAMPUS FOR THE FUTURE. YOUR FUTURE.
SIMON FRASER UNIVERSITY SURREY

SFU Surrey's Annual Open House provides us with an opportunity to connect with you. Come see our amazing new campus and find out what separates SFU from the rest. Get all your questions answered, take in live demos and interactive projects, and enjoy lively entertainment and refreshments. Everyone invited!

FEBRUARY 26TH, 4:30-8:30PM

REGISTER ONLINE TO WIN PRIZES: WWW.SURREY.SFU.CA/OPENHOUSE

FINANCIAL FORUM®
& WEALTH MANAGEMENT EXPO

VANCOUVER CONVENTION & EXHIBITION CENTRE
27 - 28 FEBRUARY, 2009
HOURS: 10:00AM - 6:00PM

PRESENTED BY:
NATIONAL POST
A BETTER READ.
FINANCIAL POST MAGAZINE
MEDIA SPONSOR:
News1130 ALL NEWS RADIO

KNOWLEDGE. CONFIDENCE. CONTROL.

When was the last time you felt this way about your money matters? Knowledge is power - but only if you acquire it. Learn how to reduce your risk and secure your financial future during volatile times.

TAKE CONTROL AND GET BETTER RESULTS

- Gain insight on current market issues - hear from Canada's leading experts - attend dozens of free seminars
- Visit a highly interactive trade show floor - discover products and services to build your investment portfolio
- Learn how to improve your rate of return, reduce your risk and secure your financial future

Register Today For FREE ($20.00 Value) at:
WWW.FINANCIALFORUM.CA
ENTER: METROV20

Clickalicious.

$249.99*

BlackBerry® Storm™ 9530 smartphone

Meet the Storm – the first-ever touchscreen BlackBerry smartphone. It feels better than anything you've held before, because the screen actually clicks like a button when you press it. Feel it for yourself at TELUS.

Get the 3G BlackBerry Storm on Canada's largest 3G network.

TELUS
the future is friendly®

TELUS AUTHORIZED DEALERS

LOWER MAINLAND

Vancouver

551 Robson St.

Oakridge Centre

Pacific Centre

2163 West 4th Ave.

501 West Georgia St.

101 - 925 West Georgia St.

5720 East Blvd.

689 Thurlow St.

3 - 1855 Burrard St.

3343 West Broadway

2748 Rupert St.

1 - 525 Seymour St.

150 - 625 Howe St.

105 - 950 West Broadway

1707 Robson St.

1092 Kingsway

10 - 3490 Kingsway

Burnaby

Brentwood Mall

Crystal Square

Lougheed Mall

Metrotown/Metropolis

214B - 4501 North Rd.

4711 Kingsway

7531 Market Crossing

111 - 3823 Henning Dr.

204B - 3430 Brighton Ave.

Coquitlam

Coquitlam Centre

101 - 3278 Westwood St.

5 - 3000 Lougheed Hwy.

2700B Barnet Hwy.

22 - 2988 Glen Dr.

2 - 901 Lougheed Hwy.

New Westminster

Royal City Centre

North Vancouver

Capilano Mall

127 - 1199 Lynn Valley Rd.

1295 Marine Dr.

1748 Lonsdale Ave.

1392 Main St.

Richmond

Aberdeen Centre

Admiralty Centre Mall

Ironwood Mall

Lansdowne Mall

Parker Place

Richmond Centre

115 - 12571 Bridgeport Rd.

West Vancouver

Park Royal Shopping Centre North/South

WHISTLER

7009 Nesters Rd.

Squamish

38116 2nd Ave.

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP BEST BUY LONDON DRUGS Visions

Phone availability and price may vary. Prices are subject to change without notice. *Available until March 31, 2009. Effective net price after in-store discount at time of activation. Available for clients (new and renewal) who activate voice and data service with a combination of a voice rate plan and a data add-on totalling $45 or more on a 3 year term. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. TELUS, the TELUS logo and the future is friendly are trademarks used under licence from TELUS Corporation. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. © 2009 TELUS.

Icebreaker may not help trapped dolphins, expert warns

While residents of a town on Newfoundland's northeast coast are calling for an icebreaker to free five trapped dolphins, a marine biologist warns such a move may make things worse. The dolphins have been confined to an area near Seal Cove. **CBC NEWS ONLINE**

Canada

Iggy, Obama talk Khadr

Liberal Leader Michael Ignatieff used his private talk with U.S. President Barack Obama Thursday to press for Toronto-born Omar Khadr's return to Canada. But afterward, Ignatieff did not hold out hope of any quick movement on the fate of Khadr, who has been held at the U.S. military prison in Guantanamo Bay, Cuba, for seven years. REUTERS

Obama surprises shoppers

U.S. President Barack Obama gave a local high school student the thrill of her life when he decided to satisfy his sweet tooth with a Canadian delicacy: That sugar-coated, deep-fried pastry called a Beaver Tail.

"I was screaming up and down," said 17-year-old Jessica Milien of her reaction to a U.S. Secret Service agent appearing at the window of the Beaver Tail hut on George Street and saying the president had asked for one of the hot pastries during a surprise stop in the historic By-Ward Market.

"My co-worker was nice enough to be like, 'Go ahead, Jessica, we know you love him so much. Go ahead,'" said Milien.

She chose to make him the Obama Tail — a version of the dessert coated with cinnamon and sugar and topped with a whipped-cream O drizzled with chocolate sauce and maple butter.

Ottawa-based Beaver Tails Canada Inc. created it in his honour and served it at the Canadian embassy in Washington, D.C., during last month's presidential inauguration.

Milien then walked over to deliver the treat to Obama as he was emerging from the indoor market across the street, where his unexpected visit had drawn screams and cheers from shoppers as he wandered through the aisles and paused to chat with vendors and buy gifts for his family.

LARRY DOWNING/ REUTERS

U.S. President Barack Obama waves after shopping at Ottawa's ByWard Market before departing for Washington Thursday. Obama paid for his purchases with Canadian money.

The gifts

- Obama bought maple leaf sugar cookies for his girls, a scarf for his wife and paid with Canadian currency.

Hundreds lined the streets to catch a glimpse of the presidential motorcade as it sped through downtown Ottawa. And the thousands gathered on the lawn of Parliament Hill roared when Obama paused to wave from behind bullet-proof glass as he arrived for his meeting with Prime Minister Stephen Harper, and then again when he left the building.

His stroll through the market, on the other hand, was a return to the easygoing style he displayed on the campaign trail.

It was a seemingly impromptu visit from a master at endearing himself to the public.

"He's really just a down-to-earth guy," Milien said of Obama, who asked her name and posed for a photo with her.

Adnan Ustun regretted forgetting to ask Obama for a picture when he stopped to buy a key-chain with a moose on it for his daughter at OXXO, the silk and gift store he manages in the market. But Ustun also got a souvenir anyway in the $5 bill Obama used to pay for it.

TORSTAR NEWS SERVICE

Obama in brief

SECURITY There were almost as many police officers in Ottawa Thursday as adoring fans on Parliament Hill. RCMP and Ottawa police promised a level of security rarely seen before for U.S. President Barack Obama's visit and they delivered. While some locals complained security was over the top, Reid Morden, former director of the Canadian Security Intelligence Service, said Canada could not run the risk of something happening to the popular U.S. president.

TORSTAR NEWS SERVICE

Greener NAFTA on the agenda

Obama's**Visit**

TRADE U.S. President Barack Obama said Thursday he wanted to begin talks to add enforceable labour and environmental provisions to the North American Free Trade Agreement without disrupting trade.

"My hope is as our advisers and staffs and economic teams work this through that there's a way of doing this that is not disruptive to the extraordinarily important trade relationship that exists between the United States and Canada," Obama said at a joint news conference in Ottawa with Canadian Prime Minister Stephen Harper.

Obama promised during last year's presidential campaign to "fix" NAFTA by adding enforceable labour and environmental provisions to the core of the pact and by changing an investment measure that critics say gives business too much power to challenge government regulations.

That raised concerns in both Canada and Mexico about the future of the pact, which has been in force for 15 years.

Although NAFTA already has labour and environmental provisions, those are contained in separate "side" agreements rather in the core text. REUTERS

Canada, U.S. to work toward clean power

ENERGY The United States and Canada agreed on Thursday to work together on new energy technologies to fight climate change, saying it was key to recovery from global recession.

The agreement was announced in Ottawa after U.S. President Barack Obama's first meeting with Prime Minister Stephen Harper. The two leaders said they had agreed to co-operate on "clean energy" technology that Obama said would allow both countries to use fossil fuels such as oil and coal while generating less pollution. REUTERS

BIG BIG Kwantlen's BIG BIG
Explore your University
OPEN HOUSE

- Tours
- Prizes
- Interactive displays
- Faculty demonstrations
- Entertainment...and much more.

Dates: Friday & Saturday
February 27 & 28
9 am–4 pm

Location: Surrey Campus
12666-72nd Ave, Surrey

kwantlen.ca/bigopenhouse

Kwantlen POLYTECHNIC UNIVERSITY

Today's economy has turned commercial real estate into a pipeline of profits

"My free workshop reveals how a tough economy is helping investors generate massive wealth in the commercial real estate market."

Cherif Medawar, Founder, Institute of Commercial Real Estate. Self-made millionaire and real estate magnate, he has purchased commercial real estate all over the world. Learn his strategies at a free workshop in your area.

Turbulent times stir up tremendous profits. And that's never been more apparent than in today's commercial real estate market. Today's rock-bottom prices means it's easier and cheaper NOW to own quality Canadian commercial real estate than ever.

The floodgates are open for individual investors looking for the same reliable pipeline of extra income that the mega-wealthy have counted on for decades.

QUALITY COMMERCIAL REAL ESTATE IS ACTUALLY BEING FUELED BY THE ECONOMY

Unlike the turmoil and volatility in the residential housing and stock markets, the commercial real estate market's fundamentals are strong.

Some experts agree we'll see a slowdown in new construction well into 2009. High demand equals higher rent and more guaranteed monthly income streams.

YOU CAN MAKE FULL-TIME INCOME WITH PART-TIME EFFORT

A home's value is based on comparable sales. But commercial values are based on net operating income. That means a modest $500 monthly rent increase can add $100,000 to a property's value. At my free workshop, you'll find out how this phenomenal math works to your advantage.

COMMERCIAL REAL ESTATE IS A RELIABLE PATH TO FINANCIAL SECURITY IN TOUGH TIMES

At my free workshop, you'll discover how to start investing in commercial real estate right away… even if you have no experience.

No matter what your goal… a secure retirement, a better life for your family, the chance to be your own boss, a steady income stream… commercial real estate ownership can make it happen.

Don't Let These 3 Myths Stop You From Owning Commercial Real Estate

Myth: Quality commercial properties are difficult to find.
Reality: It's actually never been easier since they are now selling at a far greater value due to higher net operating incomes.

Myth: Quality tenants are difficult to find.
Reality: When you're plugged in to the Institute of Commercial Real Estate's Rolodex of tenants it's easier than ever to locate quality renters with specs.

Myth: Finding financing is tough in today's economy.
Reality: Quality commercial properties are being financed every day. At the workshop discover how we'll set you up with preferred lenders offering some of the lowest interest rates in years.

You Must Attend If

- You want to break into real estate investing at the most profitable end
- You are a real estate or mortgage professional
- You want a safe way to recoup retirement losses in your RRSP

You'll Discover

- **5 no money down strategies that work in today's economy**
- **How to convert your residential losers into commercial winners**
- **How to find the best most reliable tenants in the country**

Commercial Real Estate Is Today's Safe Haven for Investors

✓ In today s tough economy investors are looking for reliable cash flow. With the near collapse of the residential real estate market and stock market volatility — there is one safe haven for today s investors… commercial real estate.

✓ Quality property is available at never before low rates. Vacancy rates are down. New construction is slowing driving demand and rental rates up. It's the perfect recipe for success.

✓ At the free workshop, you'll discover how you can begin making back your stock market losses, building up your RRSP, and creating a secure retirement.

This powerful workshop is for four days only and it's FREE

100% Canadian Real Estate Strategies

the institute of COMMERCIAL REAL ESTATE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
FEBRUARY 22, 2009	FEBRUARY 23, 2009	FEBRUARY 24, 2009	FEBRUARY 25, 2009
3 p.m.	1 p.m. or 7 p.m.	1 p.m. or 7 p.m.	9 a.m. or 1 p.m.
Sheraton Vancouver Guildford Hotel	**Sheraton Vancouver Guildford Hotel**	**Langley City Coast Hotel & Convention Centre**	**Vancouver Marriott Pinnacle Downtown**
15269 104TH Avenue	15269 104TH Avenue	20393 Fraser Highway	1128 West Hastings Street
Surrey	Surrey	Langley	Vancouver

FREE ADMISSION. NO OBLIGATION. NO RESERVATIONS REQUIRED.

Institute of Commercial Real Estate™ ("ICRE") and Business Skills' Commercial Real Estate™ ("BSCRE") are trademarks of Business Skills Corporation ("BSC"), a subsidiary of Telligenix Corporation ("TC"). ICRE and BSCRE are training institutes, and individual performance depends upon the individual skills, time availability, and dedication of each student in the training program. Testimonials included may not represent typical results. Unique experiences and past performances do not guarantee future results. ICRE, BSCRE, BSC, and TC are not licensed or registered as real estate or mortgage brokers with any state agency. V4 ICRCA191AFP Metro Vancouver - Vancouver Wk 8

Three more arrests made in Richmond, B.C., drug lab bust

Three more men have been arrested in relation to the British Columbia's largest drug lab taken down in June of 2008, Richmond RCMP announced Thursday. The lab contained hundreds of kilograms of illegal drugs as well as explosives and weapons. **METRO VANCOUVER**

No talk on Gitmo between Harper, Obama

MEETING U.S. President Barack Obama and Canadian Prime Minister Stephen Harper did not bring up the issue of a Guantanamo Bay detainee Omar Khadr when they met on Thursday, a senior Canadian official said.

Obama's Visit

Opposition parties had urged Harper to ask Obama to repatriate Canadian-born Khadr, who is charged with murdering a U.S. soldier in Afghanistan in 2002 when he was 15. They say he should be treated as a child soldier. He is 22 now.

Harper's stance has been that the charges against Khadr are too serious for him to intervene in the case. **REUTERS**

Plan aims to help weddings go on

FERNANDO CARNEIRO
fernando.carneiro@metronews.ca

PHOTO COURTESY OF DANIELA CIUFFA

Wedding photographer Daniela Ciuffa at work in Vancouver.

A independent Vancouver businesswoman has put in motion a plan to snap out of the global economic slump — literally.

Daniela Ciuffa, a wedding photographer, is giving away about $30,000 worth of services after teaming up with a wedding planner and several vendors.

Daniela Ciuffa

"Compared to the same time last year business is down about 20 to 30 per cent," Ciuffa said. "People are putting (their weddings) off for another year so they have longer to save."

Dan Kelly, the Calgary-based senior vice-president of legislative affairs with the Canadian Federation of Independent Business, said there has been a significant erosion in confidence.

"Forty-six per cent of our members are predicting a weaker performance in the 12 months ahead," he said.

Ciuffa, who has worked as a photographer for 10 years, said she initially though of the promotion as a way to give back to the community. When clients began to delay their weddings it became a necessity.

"This is the first time I'm seeing something like this," she said. "I have a couple of friends who had clients cancel because they lost their jobs and others who decided to put their money toward real estate instead."

Riding the Recession

Contest

- For more information on the Ultimate Wedding contest, see ciuffaphotography.com/blog.

Tax cuts. Reach out and claim them.

The Government of Canada has introduced a wide range of tax cuts to help Canadians save on their taxes. Lower taxes are part of *Canada's Economic Action Plan*.

There are measures like the Children's Fitness Tax Credit, which allows parents to claim up to $500 in eligible fitness expenses paid for each qualifying child.

There are also the Public Transit Tax Credit and other tax savings designed to benefit people and families from all walks of life.

You've earned it. Claim it.

Find out what you're entitled to claim and how to file your tax return online at **canada.gc.ca/taxint** .

Or call **1-800-959-8281 (TTY: 1-800-665-0354)**.

Canada Revenue Agency / Agence du revenu du Canada

Canada

Brazilians determined to throw a Carnival to remember despite downturn

Ten million extra condoms are being handed out, slum residents are creating huge floats and Barack Obama masks are flying off the shelves. Brazil's Carnival, the pre-Lenten festival of hedonism, takes off this weekend despite the best attempts of the economic crisis to drag it down to earth. The number of foreign tourists is expected to fall by about 10 per cent this year. REUTERS

World

Sharks feeling the bite

Even the sharks are feeling the impact of the global economic slowdown. Shark attacks on humans dropped worldwide in 2008 to their lowest level in five years, apparently because the recession has curtailed seaside vacations, researchers who compile the annual tally said Thursday. REUTERS

3 cleared in reporter's death

Watchdog slams Russia's failure to solve journalists' murders

A Moscow court acquitted three men of involvement in the murder of Kremlin critic and journalist Anna Politkovskaya Thursday, leaving Russia's most politically charged killing in years still unsolved.

The prosecution said it would appeal but the failure to secure a single conviction for the crime — the most high-profile in a spate of reporters' killings — raised questions about Russia's resolve to protect freedom of speech.

The failure to solve the murders of journalists amounts to a human rights crisis, a European media freedom watchdog said Thursday.

"The masterminds have never been put on the bench. The accused were not even the actual killers — is it not possible to find them or convict them? This failure amounts to a human rights crisis," said Miklos Haraszti of the Organisation for Security and Cooperation in Europe.

After a four-month trial, the jury forewoman said brothers Dzhabrail and Ibragim Makhmudov were not guilty of acting as accomplices in the murder and cleared former police officer Sergei Khadzhikurbanov of organizing the crime.

Politkovskaya, a 48-year-old mother of two who published scathing exposes of official corruption and rights abuses, was shot dead in the elevator of her apartment building on Oct. 7, 2006, after returning home from the supermarket. REUTERS

Danger ranking

- The New York-based Committee to Protect Journalists ranks Russia as the world's third most dangerous place for reporters, after Iraq and Algeria.

NASA sending spacecraft to seek Earth-like planets

SCIENCE A U.S. spacecraft toting the biggest camera ever sent into space will be launched next month to scour our region of the Milky Way galaxy for warm, rocky planets like Earth that may also host life, NASA announced yesterday.

The Kepler spacecraft is scheduled to spend 3½ years looking at more than 100,000 stars similar to our sun, seeking evidence of planets similar in size and composition to Earth.

Kepler is scheduled to blast off from Cape Canaveral Air Force Station in Florida aboard a Delta II rocket on March 5, the U.S. space agency said.

About 300 planets orbiting stars other than our sun have been discovered since 1995, but most are large gas planets that are not likely to be hospitable to life.

This mission is intended to find rocky planets orbiting in the "habitable zone" around a star where they are not so close as to be scorched and not so far away as to be frozen. REUTERS

Maiden voyage

- The spacecraft is named for Johannes Kepler, the German astronomer who lived from 1571 to 1630 and studied planetary motion.
- NASA said the mission will cost $591 million.

News in brief

SPITZER A U.S. federal judge ordered the unsealing of documents in an investigation that linked former New York governor Eliot Spitzer to a prostitution ring, potentially shedding more light on a scandal that forced Spitzer to resign. Thursday's ruling was a result of a request by the New York Times to unseal documents that outlined the prosecutors' probable cause for wiretapping two cellphones belonging to the prostitution ring.

PAKISTAN A bomb killed at least six people and wounded 16 during a funeral procession Thursday for a Shi'ite Muslim gunned down in a northwestern Pakistani town, police said. Shots were fired and vehicles were set alight after the bombing in Dera Ismail Khan, located 270 kilometres southwest of the capital, Islamabad.

NORTH KOREA One of China's leading experts on Japan has vanished into custody after speaking about the health of reclusive North Korean leader Kim Jong-il. Jin Xide, last seen in early January, is believed to be under investigation for "leaking state secrets," a source said. REUTERS

Ukraine **Protesting history**

STRINGER / REUTERS

Pro-Russian protesters hold a demonstration Thursday denouncing the historic transferral of the Crimean peninsula to Ukraine in Simferopol. Soviet authorities transferred the province to the Ukrainian Soviet Republic in 1954. It became part of independent Ukraine after the Soviet Union collapsed, much to the grief of many ethic Russians in the region.

French sub more damaged than reported: Newspaper

COLLISION The French nuclear-armed submarine that collided with a British submarine is more damaged than the government reported, a regional newspaper said Thursday.

France's defence ministry officials, under fire for initially saying the missile-loaded submarine had rammed a submerged object, probably a container, said it would be out of service for several months, but details were secret.

"We have given the details we can give, which is, the sonar dome was damaged," navy spokesman Jerome Erulin said Thursday. Newspaper Ouest France said in an unsourced report the submarine's conning tower and its immersion controls had also been damaged, and that this raised questions about France's nuclear deterrent capacity. REUTERS

Netanyahu gets boost in PM race

ISRAEL Benjamin Netanyahu's chances of becoming Israel's prime minister were boosted on Thursday by the conditional backing of an ultra-nationalist politician who emerged as a kingmaker in a photo-finish election.

Avigdor Lieberman, leader of the Yisrael Beitenu party, recommended to President Shimon Peres that he choose Netanyahu to form a government, if the right-wing Likud chief pursued a broad coalition. Netanyahu has said he would do so.

Peres could announce his decision as early as Friday. REUTERS

metro is available at your neighbourhood Blenz.
Read, relax and enjoy!
BLENZ COFFEE

LOTTO 6/49
SATURDAY'S JACKPOT
$48 Million EST.
PLAY NOW bclc.com
bclc Know your limit, play within it. 19+ YEARS

Buy your Lotto 6/49 ticket on bclc.com today!
PLAY NOW bclc.com
bclc Know your limit, play within it. 19+ YEARS

LOCAL
Publisher, Maryse Lalonde
Managing Editor, Fernando Carneiro
Distribution Mgr, George Acimovic

NATIONAL
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Art Director, Laila Hakim
Interactive/Mrktng Director, Jodi Brown

Comment & Views

Comment

Coverage doesn't add up

Marketplace

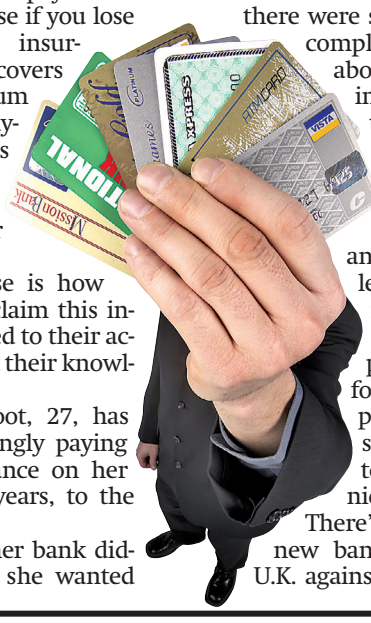
Blaring headlines make it hard to miss. Canadians are losing their jobs and credit is hard to come by. So don't be surprised if your bank or even your favourite retail chain starts pitching you about the need to protect yourself.

They're selling something called credit balance insurance. It's supposed to protect you in case of illness or death, or if you lose your job it promises to cover your credit card payments.

But after doing some math we started to wonder whose balance they're really trying to protect.

The cost of balance insurance can really add up. The average price is about one dollar for every $100 you spend a month. So when you've got $2,000 on your plastic, you're forking over $20 a month for insurance alone.

Insurance expert Jim Bullock says these expensive premiums don't pay off in the end, because if you lose your job, the insurance only covers your minimum monthly payment, which is usually less than three per cent of your balance.



What's worse is how many people claim this insurance is added to their accounts without their knowledge.

Jodie Lightfoot, 27, has been unknowingly paying for this insurance on her RBC Visa for years, to the tune of $1,839.

She claims her bank didn't ask her if she wanted this insurance. When she disputed the charges, they gave her a full refund.

We commissioned an EKOS poll and found that a quarter of the respondents either didn't know they had it or didn't know it was optional, and fully half didn't understand how it worked.

In the United Kingdom there were so many complaints about this insurance the government investigated and fined lenders millions of pounds for inappropriate sales techniques. There's even a new ban in the U.K. against selling this insurance with credit card applications.

While Canadian banks do have their own rules about selling insurance and fully disclosing credit card charges, statistics from the government's consumer watchdog show the rules aren't always being followed.

The Financial Consumer Agency of Canada (FCAC) has heard from almost 260 Canadians complaining about this insurance. The most common complaint is that it is added to people's cards without their consent. But so far there has been no crackdown on the banks or retail chains.

After we showed FCAC how some people feel they've been misled about this insurance, they promised to look into it.

Wendy Mesley is a co-host of CBC News: Marketplace, Canada's award-winning consumer affairs show, and a regular back-up host with CBC News: The National. CBC News: Marketplace airs each Friday night at 8:30 p.m. (9 p.m. NT) on CBC Television.

MICHAEL DE ADDER

Views

Metro Vancouver: Wild West II

UrbanCompass

A couple of things strike me about this insane gang war now plaguing Vancouver.

One is the young age of the dead suspected gangsters: 23, 21, 19, 25, 22, 26, 24, 23, 24. I guess gangsters are like pirates — there aren't any old ones.

Even though most are barely old enough to vote, their lives of crime started even earlier. Look at Shane Messent, 24, the kid (and that's all he was) who died in the bizarre home invasion/shootout in south Vancouver Tuesday. He had a record that goes at least back to 2003.

Since that first arrest, Messent interacted with the law at least six times, mainly on weapons and assault charges. As far as I can tell, he's spent less than six months in jail — all in — for going to war on civil society.

So, although there have been 12 shootings in 16 days, this gang war didn't start 16 days ago. It's been brewing a lot longer, a toxic mix of fantasy and delusion, drugs and weapons, fast cars and an overburdened justice system simply not geared to the Wild West II.

Face it, Mom and Dad. When your darlings are raised on video games such as Grand Theft Auto, Mafia Wars and Mob Wars, what do you expect? Boys will be boys? By the time they turn 13, these guys know how to field strip a machine-gun or the number of horses under the hood of a Cadillac Escalade, but they cannot name the 10 provinces. Nor do they care.

Face it, Mom and Dad. When your darlings are raised on video games such as Grand Theft Auto ... what do you expect?

The other thing that strikes me about this gang war is nobody has the faintest idea how to stop it. On the talk shows and blogs, the good citizens of Metro Vancouver are all over the map. They can be forgiven. They are scared, outraged and cringe every time a Range Rover passes them.

The police? They are so overworked, they remind me of Inspector Clouseau: They suspect no one and everyone. Drugs, weapons and gangbangers are everywhere. Maybe even you. Yes, you. While we were squabbling about the Olympics, Vancouver became a world capital for ecstasy, and it was already a major port for the shipment of B.C. bud, cocaine, etc. Plus we have one of the largest concentrations of customers in the world … just a short walk from the cruise ship terminal.

The politicians? Good at one thing — pointing the finger.

Meanwhile, for those of you "lucky" to live here in Lotusland, I have one word of advice, the best you'll get all day: Duck!

Paul Sullivan is a Vancouver-based journalist, owner of Sullivan Media consulting, and editor-in-chief of Orato.com, the citizen news website.

Stressed Americans need mental soothing: Expert

NEW YORK The U.S. government should roll out a team of mental health professionals to soothe Americans anguished over the economic losses and encourage them to spend and invest, a New York psychiatrist says.

Dr. Richard Friedman of the Cornell Weill Medical Center in New York said he is treating 25 per cent more people because of the recession, with patients suffering from insomnia due to anxiety and some even being diagnosed with clinical depression.

"It creates a culture of anxiety and fears. So you are not talking about a handful of people, you are talking about a situation in which the environment is fearful," said Friedman.

"It's contagious. Even people whose jobs are secure feel frightened that they, too, could lose their jobs."

The U.S. economy, in recession since December 2007, is buckling under a heavy burden of rising unemployment.

Data released Thursday showed jobless numbers rose to a record high in early February of 4.99 million, a rate of 3.7 per cent. Washington has put forward an array of measures, including a $787-billion stimulus package, to revive the bleeding economy.

Friedman said people's anxieties need to be addressed immediately and on a national scale. His answer: Replace assurances and explanations from economists and politicians with advice from mental health professionals.

Fear of the economic climate should be confronted in the same way as an irrational fear, he said.

"Say you are afraid of the dark, you walk in a dark room and turn on the lights and see that there is nothing terrible there," he said.

"You're afraid the market is going to collapse, you go out and you spend money."

ShareYourViews
vancouverletters@metronews.ca

Metro Online Poll Results

88% SAID YES	Should Canada stick to its 2011 withdrawal from Afghanistan? *Weigh in on today's question at metronews.ca*	12% SAID NO

It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Vancouver 1190 Homer Street, Suite 250, Vancouver, BC V6B 2X6, Tel: 604-602-1002; Fax: 1-866-254-6504; Advertising: 604-602-1002 • adinfovancouver@metronews.ca; vancouver_distribution@metronews.ca; News: fernando.carneiro@metronews.ca

Inflation expected to stay steady in January 11
Canada's inflation rate will likely hold steady in January despite shrivelling consumer demand as gas prices partially rebounded after a record drop in December, analysts said. REUTERS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

State Bank of India (Canada)
TOLL FREE: 1-866-SBIC-NOW
www.sbicanada.com
Invest in TFSA
SBIC Power GIC account at
3.35%*
Conditions apply. Interest rates subject to change*

Green funds wasted: Report

Institute says Tories subsidizing 'least-efficient' technologies

The federal government has been accused of not spending enough money on renewable sources of energy to reduce greenhouse gas emissions. Now a report from the C.D. Howe Institute argues more than half of the dollars that Ottawa has committed to "green" energy is being wasted on ineffective programs.

The study says the Conservatives, through their $4.5-billion EcoEnergy program, are "over-investing" taxpayers' money on low-impact initiatives that support biofuels, such as ethanol, but giving short shrift to approaches that would offer the biggest reduction in greenhouse gases at the lowest cost.

"The least-efficient technologies are heavily subsidized, while the most cost-effective technologies receive limited support," according to authors Roger Samson and Stephanie Bailey Stamler, both from the independent bioenergy research organization REAP-Canada.

Attempts to reduce emissions through transportation fuels have so far proven a loser, they found. Singling out biofuels, they concluded that every ton of carbon dioxide reduced through the use of ethanol fetches a government subsidy of between $295 and $430.

Did you know?

- Emissions from fossil fuel-based thermal sources currently represent at least 30 per cent of Canada's emissions.

By comparison, a subsidy of $30 to $60 can achieve an equivalent reduction in carbon dioxide when the money is used to generate electricity from wind, biomass and biogas, or supply heat using solar technologies.

The lowest cost subsidy with the biggest impact, by far, is energy retrofits of homes and buildings, the report found.

TORSTAR NEWS SERVICE

Vehicle costs down in '08, says StatsCan

SALES Canadians paid less for new vehicles in 2008 for the second consecutive year because of a shift to smaller models and an extremely competitive marketplace, according to Statistics Canada data.

The average transaction price for a car dipped 0.7 per cent, or about $190, to $25,107, while the tag for trucks including medium- and heavy-duty models dropped 2.1 per cent, or about $790, to $37,480, the data showed.

Income

- It took an average of 18.2 weeks of family income to purchase a new car last year, down from 18.9 weeks in 2007.

Canadian car prices, which include delivery fees, dealer-preparation costs and taxes, have remained below the rate of inflation for the past eight years.

Analyst Dennis DesRosiers said consumers moved to cars, particularly entry-level models, last year because of soaring fuel costs, and that kept auto prices down.

He added that a strong Canadian dollar also gave manufacturers flexibility to lower prices.

TORSTAR NEWS SERVICE

Sears lays off 300 workers

JOBS Sears Canada Inc. has laid off 300 employees, half of them in its head office in Toronto, amid worsening business conditions for retailers.

"We're preparing for what looks (like) a difficult year in the current economy," said company spokesperson Vince Power.

Half the layoffs occurred at the head office across a variety of departments, Power said. The rest were in its repair services across the country.

Big picture

- The layoffs represent less than one per cent of the company's total workforce of 38,000 people, said-spokesperson Vince Power.

TORSTAR NEWS SERVICE

Rona Q4 profit slips on slower renovations

EARNINGS Rona Inc., Canada's biggest home-improvement chain, reported a lower quarterly profit yesterday, hurt in part by slumping home renovations, and warned that it would not be able to meet its earnings-per-share objectives for the next few years.

The retailer, which operates about 680 stores across the country, said it earned $25.7 million, or 22 cents a share, in its fourth quarter. This figure is down from $30.5 million in 2007, or 26 cents a share, for the same time a year earlier.

Revenue for the quarter rose 3.5 per cent to $1.12 billion.

REUTERS

Business in brief

BANKING Switzerland fought yesterday to defend a landmark decision allowing bank giant UBS to transfer client data to the United States in a tax settlement that experts say will dilute bank secrecy laws. REUTERS

Save $500 this year!
No Matter Where you Call
No Matter What you Pay
Comwave will Beat it...
Guaranteed!
Even if you're paying less, call usand we'll beat it ... guaranteed!
CAN YOUR PHONE COMPANY DO THAT?
Pakistan 5.9¢ | Egypt 14.9¢
Philippines 11.9¢ | Guyana 29.9¢
Saudi Arabia from 3.9¢ | India 6.9¢
Sri Lanka 11.9¢ | Nepal from 7.9¢
Bangladesh from 3.9¢ | Mexico from 2.9¢
Cuba 85¢ | Honduras 15.9¢
Ecuador 12.9¢ | Chile from 2.9¢
Unlimited Calling To Anywhere In Canada
$5/month
You can even call from your CELL PHONE!
CALL NOW AND GET
$25 Free Long Distance To Anywhere In The World
Call Long Distance Even From Your Cell Phone
No need to cancel your service provider.
$10 Free Long Distance for every friend
No Contracts
Home Phone Lines
comwave Basic $9.95/month
• Unlimited Local Calling
PLUS
• Caller ID Block
• Comwave 911
• Free Comwave to Comwave calls worldwide!
comwave Enhanced $14.95/month
12 FREE FEATURES INCLUDING
Caller ID, Call Forwarding, Voice Mail, Call Waiting ... and much more
comwave Unlimited Canada $19.95/month
UNLIMITED Calling to Canada
PLUS
• 12 Free Features Including: Caller ID, Call Forwarding, Voice Mail, Call Waiting ... and much more
comwave One-Rate $29.95/month
UNLIMITED Calling to Canada and U.S.A.
PLUS
• 12 Free Features Including: Caller ID, Call Forwarding, Voice Mail, Call Waiting ... and much more
1 MONTH FREE!
1-866-380-6055
comwave® comwave.ca
Home Phone Lines: * VoIP 911 has certain limitations versus traditional 911. The rate of $14.95 is based on a 2 year term. [1] The option to keep your existing phone number may not be available in all areas. Long Distance: Comwave guarantees to match or beat your rate today and forever. Rate Guarantee is based on competitors' lowest advertised rate or written quote for like services. Terms and conditions apply. Please see www.comwave.ca for full details. Calls to overseas mobile phones may be billed at a higher rate. [2] The $25 coupon will be mailed and must be returned for credit to be applied to account. [3] 1 year term required. [3] Credit for monthly fee will be applied to third month's invoice. Unlimited Canada does not include calls to the Yukon and N.W.T. Based on iPhone Enhanced plan and $17 monthly long distance as compared to Rogers Home Phone™ line and Rogers All World™ Long Distance Plan and Bell Basic Home Phone Line Plus Simple Connections™ Flexibility 6 Package and International Long Distance Extra. At Feb. 9/07, based on 246 minutes. Terms and conditions apply.

SATURDAY'S JACKPOT IS ESTIMATED AT A RECORD SETTING

$48 Million EST.

vancouver 2010 | vancouver 2010 PARALYMPIC GAMES JEUX PARALYMPIQUES | bclc OFFICIAL SUPPORTER

PLAY NOW bclc.com | LOTTERY TICKET CENTRE

bclc *Know your limit, play within it.* 19+ YEARS

Buy your Lotto 6/49 ticket on bclc.com today!

PLAY NOW

bclc.com

$5 Registration PROMOCASH*

Enter Code: Metro

*Go to PlayNow.com for registration details and conditions. Offer valid on new registrations only with Promo Code until February 27, 2009

bclc

Know your limit, play within it.

19+ YEARS

Report: Rams franchise Canadian Atogwe

According to the St. Louis Post- Dispatch, the St. Louis Rams have placed the franchise tag on defensive back O.J. Atogwe, left. The Windsor, Ont., native was tabbed "non-exclusive" franchise player and Atogwe has the ability to negotiate with other teams. METRO NEWS SERVICES

Sports

Francis likely out for season

North Delta's Jeff Francis will have exploratory surgery on his pitching shoulder next week and the Colorado Rockies pitcher expects to miss the entire 2009 season. The left-hander native expects rehabilitation to take six month to a year. Francis was 4-10 with a 5.01 ERA last season before being shut down with the shoulder trouble. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Strong start gets it done

SCOTT RINTOUL
for Metro Vancouver

NHL RESULT

Senators 2 Canucks 5

VS

THE SKINNY: Three first-period goals proved to be enough as the Canucks won for the seventh time in eight outings. Vancouver led 4-0 by the early stages of the second period, but needed quality goaltending from Roberto Luongo to fend off an Ottawa squad that dominated play in the second half of the game.

THE CONTRACT LINE: Alex Burrows and the Sedins are all in search of new deals and their collective performance appeared indicative of that. Henrik led the way with a goal and three assists, Burrows scored once and assisted twice while brother Daniel chipped in with a goal and an assist.

THE KILLER INSTINCT: Though Vancouver allowed a Dany Heatley power-play goal on Thursday, the Canucks have killed off thirteen of their last fifteen penalties.

THE CALENDAR: Luongo has yet to pitch a shutout since returning from injury last month, but he has won each of his seven starts in February.

PHILLIP MACCALLUM/GETTY IMAGES

Daniel Sedin watches a point shot go into the back of the net behind Brian Elliott on Thursday.

THE RATING: This one didn't live up to Tuesday's playoff-type tilt in Calgary, but it was fairly entertaining. 4 out of 5 stars.

THE NEXT GAME: It's getting more hype than Game 7 of the Cup final – Mats Sundin returns to Centre of the Universe Saturday night in Toronto.

Just another game?

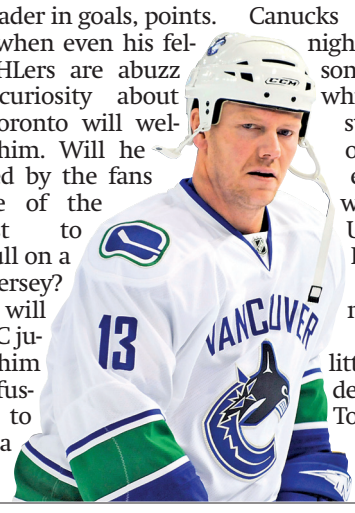
"Once the puck drops, it'll be a game like any other game."

Surely, Mats Sundin doesn't completely believe it himself, even as the words leave his lips.

Not when the game has long been the most anticipated on the Maple Leafs' calendar, circled back in December when Sundin signed with the Canucks.

Not when Saturday marks the return of the former captain to his adopted city, the place where Sundin grew up as a hockey player, arriving in a deal for Wendel Clark; staying until he was the franchise's all-time leader in goals, points.

Not when even his fellow NHLers are abuzz with curiosity about how Toronto will welcome him. Will he be feted by the fans as one of the greatest to ever pull on a Leafs jersey? Or will the ACC jury jeer him for refusing to waive a no-trade clause that would have accelerated the team's rebuilding; saying he wouldn't become a rental player, then essentially becoming one anyway?



Sundin professes not to fret about how he is judged, though he concedes while his hockey focus is now with the Canucks, he hasn't transplanted all his affections out of Hogtown.

"I feel really good about going back. Toronto feels like home for me. I spent 13 years in the city and the fans there. They were great years and its always going to be part of my heart."

In Ottawa, where the Canucks played Thursday night, Sens forward Jason Spezza was asked which was the bigger story — the arrival of Sundin in eastern Canada or the whirlwind visit of U.S. President Barack Obama.

"I think Obama," said Spezza. "He might be a little bit of a bigger deal. Maybe not in Toronto, but here."

TORSTAR NEWS SERVICE

Sundin deserves nothing less than cheers in T.O.

TheHockeyNews

Sam McCaig

thehockeynews.com

So, what are they going to do? And, does he care one way or the other? Basically, those are the two big questions as Mats Sundin prepares to skate into Air Canada Centre in Toronto on Saturday night to face the Maple Leafs, the team he captained for the past decade. As a kicker, the game is featured on *Hockey Night in Canada*; in fact, it just happens to be Hockey Day in Canada on Saturday, so CBC will be showing hockey all day long and you can bet the Sundin situation will be discussed once or twice or every six minutes.

What are Leafs fans going to do? How will they react?

Well, last month they booed longtime Leafs defenceman Bryan McCabe when he returned as a Florida Panther. (McCabe exacted his revenge by scoring the overtime winner on a vintage slapshot; Canucks fans — and Sundin himself — would surely be plenty pleased with a similar outcome.)

But McCabe, while a central Leafs figure for several seasons, never captured the city's imagination the way Sundin did. McCabe was never 'The Captain' like Sundin.

And, of course, McCabe didn't have the big Swede's elite skill set. Sundin also carries himself with a grace and dignity that few other NHLers can match; he's sort of like Stockholm's 21st-century answer to Jean Beliveau.

He's a class act, and was the heartbeat of the Maple Leafs for 13 seasons.

If Leafs fans don't stand up and cheer — and cheer and cheer — they should go home and take a long look in their expensive mirrors.

Sundin deserves a rowdy welcome and righteous send-off from the team and city he ruled supreme for so long. Anything less would be Harold Ballard bad. (In other words, pretty bad.)

And what about Sundin? Where's his heart in all of this?

True to his nature, he's saying all of the right things without really saying much at all. Yes, he's looking forward to the game and returning to Toronto.

But good luck trying to sucker Sundin into letting loose with a juicy quote; it just isn't going to happen.

He's too guarded with his emotions in public and has been too professional for too long to start shooting off at the mouth now.

Obviously, he'd like to get a warm welcome — raucous, even — because, as mentioned, he was the Leafs' biggest star and most important player for as many seasons as the number he wears on his back.

And considering he also carried the Leafs on his back for such a long time, here's hoping he gets a few pats there, too.

The Hockey News thn.com

Golf Tiger's back

DOM FURORE/WOODS FAMILY VIA GETTY IMAGES

In this handout from the Woods family, Tiger, his wife, children and dogs pose for a photo yesterday. Woods also announced that he will return to golf at next week's World Golf Championship-Accenture Match Play Championship.

100 Reasons To Use 10-10-100

What's Your Reason?

Reason #56
Catch up with old friends.

CANADA & U.S.
Dial 10-10-100 + 1 + the Number (dial without pausing)

EUROPE & SOUTH AMERICA (U.K., France, Italy, Germany, and most of Western Europe) (Chile and Argentina)
Dial 10-10-100 + 011 + the Number (dial without pausing)

1.6¢ per min.*

* Flat rate of 25¢ for first 15 minutes. Calls to cell phones may be at a different rate. Rates subject to change without notice. Terms and conditions apply, please see website for details.

Get the same great rates on your Cell Phone! Call us at 1·888·882·8115 for details.

Visit www.Telehop.com or call 1·888·882·8056 for LOW RATES to other countries.

10-10-100

Telehop™ The Smart Alternative

NO CONTRACTS • NO SIGNUPS • NO EXTRA CHARGES

#3590 02/09

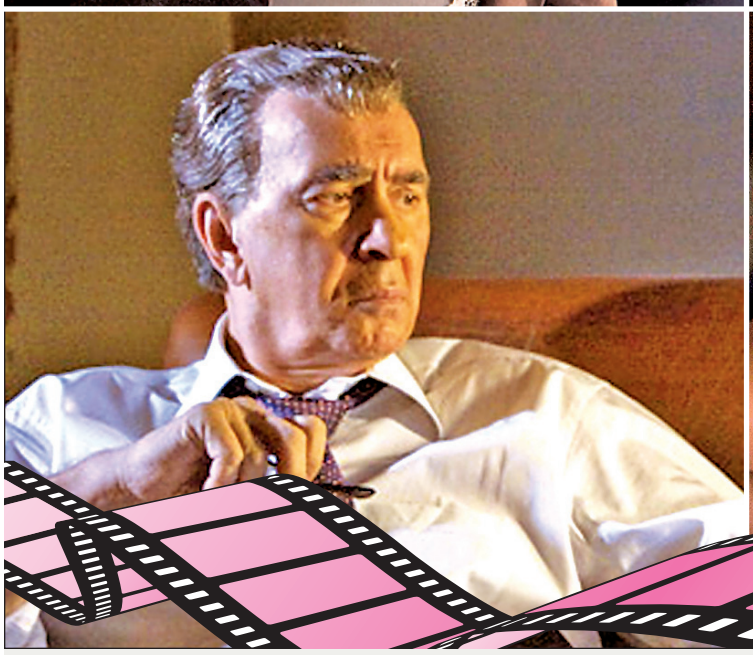
Visit metronews.ca/movies to get showtimes, watch trailers and read reviews.

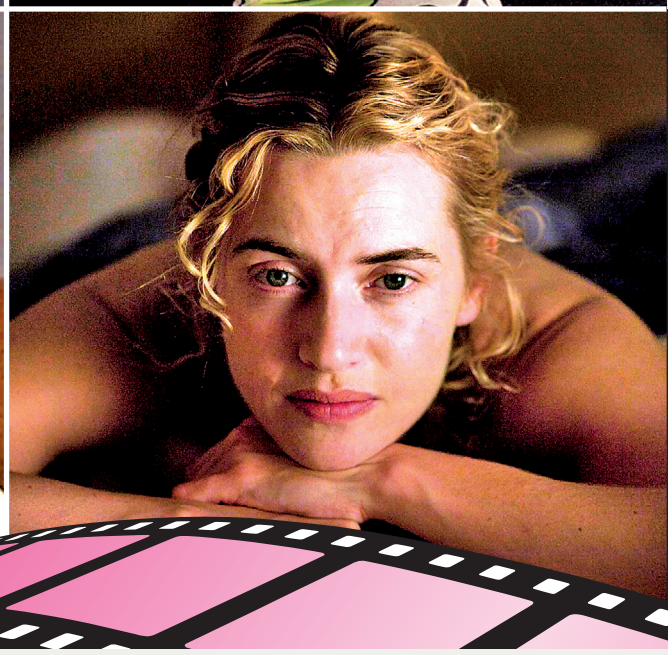
Movies&Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Movies

Oscar race Pg 16





Will Angelina Jolie or Kate Winslet win a golden statue for their roles in Changeling or The Reader respectively? And will the Hollywood comeback be completed by the previously maligned Mickey Rourke? Perhaps Frank Langella will surprise a few with an Oscar for his performance in Frost/Nixon? Be sure to check out our pre-Academy Awards coverage for Metro's picks.

Music Pg 21

Alan Cross dishes on the best and worst Oscar songs.

Television Pg 22

Read about some of Ben Mulroney's red carpet goofs.

7th Heaven Pg 23

Duffy tops the BRIT Awards, takes home three trophies.

TV times
The 81st Annual Academy Awards main show airs live Sunday on CTV at 5:30 p.m. METRO NEWS SERVICES

Movies

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

GETTY IMAGES PHOTO

(Clockwise from top left) Danny Boyle, director of multiple-nominee Slumdog Millionaire, shares a moment with the film's stars; Brad Pitt has a best actor nomination for The Curious Case of Benjamin Button; Israel's unique take on war, Waltz with Bashir, is a front-runner in the foreign film race; Man on Wire will be film to beat in the documentary feature category; and Meryl Streep earned her 15th Oscar nod for her portrayal of a hard-nosed nun in Doubt.

The Oscar goes to ...

Metro film critics make their picks for top categories

Will it be the year of the Slumdog or will Button sew it up when Hollywood rolls out the red carpet for its biggest night Sunday? Metro's movie experts — Richard Crouse, Steve Gow and Chris Alexander — choose their favourites for what appears to be a tight race for Oscar glory:

BEST PICTURE
Crouse: All signs seem to be pointing to Slumdog Millionaire taking home the award. It's the little movie that could; a film that almost went straight to DVD, that has gone on to prove the old Hollywood maxim that nobody can predict what is going to become a hit.
Gow: If Slumdog doesn't lose its momentum, it's a no-brainer to take top prize. However, you can't discount Benjamin Button — Hollywood loves Pitt, David Fincher and these kinds of heart-tugging epics.
Alexander: I think, outside of The Wrestler, my favorite film of the year, I have to say that I enjoyed Frost/Nixon the most. So if a movie is to measured by how much an individual is entertained by it, I say ... give it to Frost/Nixon.

BEST DIRECTOR
Crouse: I'd be surprised if Danny Boyle doesn't win. Most of the other directors are multiple nominees but this seems to be Slumdog's year.
Gow: It would be great to see Boyle take this. After all, not only did he make this gorgeous movie in the slums of India, but used an unknown cast as well.
Alexander: Go, David Fincher, go ... you've finally made a movie whose heart and soul matches your technical expertise. Keep it up.

BEST ACTOR
Crouse: Everybody loves a comeback, so Mickey Rourke's raw performance in The Wrestler will likely take this category, although for my money the best performance of the year was Frank Langella as Nixon in Frost / Nixon.
Gow: This is a tough category — Rourke, Langella and Sean Penn are all worthy opponents but as much as this has been the year of the comeback, I'm going with Sean Penn.
Alexander: I have been a staunch supporter of Mickey Rourke since I first saw him take that elevator ride to Hell back in 1987's Angel Heart, so it's a personal vindication to see Hollywood fall at his freakish feet.

BEST ACTRESS
Crouse: Kate Winslet — or Kate Wins-a-lot as I like to call her — has pretty much ruled this category so far this year, but I think the award should go to Meryl Streep in Doubt.
Alexander: Give me Angelina or give me death. I simply adored her in Changeling.

BEST SUPPORTING ACTOR
Crouse: This is Heath Ledger's year and not because he died tragically, but because he deserves it. His take on The Joker in The Dark Knight was exciting, fun and the best thing in the movie.
Gow: Um, you were considering somebody else (other than Ledger)?

BEST SUPPORTING ACTRESS
Crouse: This should go to Viola Davis. With just five minutes of screen time in Doubt she created an unforgettable character that elevated the entire picture.
Gow: As much as I would love to see Marisa Tomei win this category, I am fairly certain Penelope Cruz will win voters' hearts.

Metro staff Oscar picks

We did a little Oscar voting of our own around the office. Here are the results:
BEST PICTURE
Slumdog Millionaire
BEST DIRECTOR
David Fincher
BEST ACTOR
Mickey Rourke
BEST ACTRESS
Kate Winslet
BEST SUPPORTING ACTOR
Heath Ledger
BEST SUPPORTING ACTRESS
Taraji P. Henson

The 81st Annual Academy Awards

Your Oscar list

Want to test your Oscar prediction skills? Check off your picks from the list of nominees and find out who wins Sunday:

Best Picture
- ❑ The Curious Case of Benjamin Button
- ❑ Frost/Nixon
- ❑ Milk
- ❑ The Reader
- ❑ Slumdog Millionaire.

Best Actor
- ❑ Richard Jenkins, The Visitor
- ❑ Frank Langella, Frost/Nixon
- ❑ Sean Penn, Milk
- ❑ Brad Pitt, The Curious Case of Benjamin Button
- ❑ Mickey Rourke, The Wrestler.

Best Actress
- ❑ Anne Hathaway, Rachel Getting Married
- ❑ Angelina Jolie, Changeling
- ❑ Melissa Leo, Frozen River
- ❑ Meryl Streep, Doubt
- ❑ Kate Winslet, The Reader

Best Supporting Actor
- ❑ Josh Brolin, Milk
- ❑ Robert Downey Jr., Tropic Thunder
- ❑ Philip Seymour Hoffman, Doubt
- ❑ Heath Ledger, The Dark Knight
- ❑ Michael Shannon, Revolutionary Road

Best Supporting Actress
- ❑ Amy Adams, Doubt
- ❑ Penelope Cruz, Vicky Cristina Barcelona
- ❑ Viola Davis, Doubt
- ❑ Taraji P. Henson, The Curious Case of Benjamin Button
- ❑ Marisa Tomei, The Wrestler.

Best Director
- ❑ David Fincher, The Curious Case of Benjamin Button
- ❑ Ron Howard, Frost/Nixon
- ❑ Gus Van Sant, Milk
- ❑ Stephen Daldry, The Reader
- ❑ Danny Boyle, Slumdog Millionaire

Best Animated Feature
- ❑ Bolt
- ❑ Kung-Fu Panda
- ❑ WALL-E.

Best Foreign Language Film
- ❑ The Baader Meinhof Complex (Germany)
- ❑ The Class (France)
- ❑ Departures (Japan)
- ❑ Revanche (Austria)
- ❑ Waltz with Bashir (Israel)

Best Adapted Screenplay
- ❑ Eric Roth and Robin Swicord, The Curious Case of Benjamin Button
- ❑ John Patrick Shanley, Doubt; Peter Morgan, Frost/Nixon
- ❑ David Hare, The Reader
- ❑ Simon Beaufoy, Slumdog Millionaire

Best Original Screenplay
- ❑ Courtney Hunt, Frozen River
- ❑ Mike Leigh, Happy-Go-Lucky
- ❑ Martin McDonagh, In Bruges
- ❑ Dustin Lance Black, Milk
- ❑ Andrew Stanton, Jim Reardon and Pete Docter, WALL-E.

• For a complete list of nominees, visit metronews.ca

Chris Alexander
Movie Buff
Academy Awards Blog
metronews.ca

Chris Alexander is a regular contributor to Metro Canada and also writes for Fangoria and does movie reviews for A.M. 640 in Toronto. He will make regular blog updates during Sunday night's Academy Awards broadcast. Visit metronews.ca.

Oscar loss may be blessing in disguise

CAREER Hollywood stars should be careful what they wish for when they hit the campaign circuit in hopes of snagging an Oscar.

It's a stretch to talk about an Oscar curse, but past winners such as Nicole Kidman, Renee Zellweger, Halle Berry, Adrien Brody, Hilary Swank and Cuba Gooding, Jr. have not cleaned up at the box office in years.

Put it another way: If your name is not called out at the 81st annual Academy Awards Sunday, maybe you can breathe a sigh of relief.

Kidman won an Oscar for 2002's The Hours, but has never headlined a big hit. The actress starred in last year's big Oscar hopeful Australia, which failed to dig up any commercial or awards gold.

Since winning her Oscar for a supporting role in 2003's Cold Mountain, Zellweger's career went cold with such films as Cinderella Man and Leatherheads.

REUTERS

Fockers sequel making way
Meet The Little Fockers is moving ahead at last, with Ben Stiller, Owen Wilson and Robert De Niro set to return to the fold and John Hamburg working on the script. **EMPIREONLINE.COM**

Movies

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Don't mess with speeches, readers say

InFocus

Richard Crouse
mrchaos33@hotmail.com

It seems everyone has a favourite Oscar speech. Last week I wrote a column suggesting four ways to streamline the speeches and give the behemoth Academy Awards broadcast some forward momentum. The response from readers indicates the speeches are one element of the show they would rather not see tampered with. Cut the musical numbers, shorten the opening monologue, kill the Pricewaterhouse tribute — but don't mess with the speeches.

"The Academy Awards are about four things," wrote Andrea from Toronto. "The shoes, the dresses, the jewelry and the speeches."

It's funny, I thought they were about the movies, but then again, the red carpet's "glam cams" before the ceremony get more eyeballs than the show itself, so I guess Andrea has a point.

Some like emotional speeches. Gary in Halifax says his favorite Oscar moment came when Russell Crowe accepted best actor for Gladiator. "If you grow up in the suburbs of anywhere," the actor said, wearing his grandfather's MBE on his lapel. "A dream like this seems kind of vaguely ludicrous and completely unattainable, but this moment is directly connected to those imaginings. And for anybody who's on the downside of advantage, and relying purely on courage, it's possible."

Others said they liked funny speeches. Brian in Toronto wondered which Oscar acceptance speeches made me laugh. I immediately thought of Geoffrey Rush, who accepted the best actor award for Shine with the words, "This is for all the people who were happy to bankroll the film as long as I wasn't in it," but settled on Paul Williams, the five-foot-two best song winner who said, "I was going to thank all the little people, but then I remembered I am the little people!"

Most agreed with me that the "thank yous" are an important component of any acceptance speech, but suggested that less is always more. Jen927 said that winners should just follow the lead of Julia Roberts and simply thank "everybody I've ever met in my entire life."

The final word on Oscar acceptance speeches came from Claudio's BlackBerry, which reminded me of host Danny Kaye's 1952 joke, "The Academy asks that your speech be no longer than the movie itself."

Amen to that.

Richard Crouse's Movie Show can be seen every Sunday at 6:30 p.m. on the E! Channel.

Economy won't dim Oscar shine

AWARDS Economic woes have taken their toll on Wall Street and Main Street, but they won't dim the glamour on the red carpet at the Academy Awards.

It will be business as usual on Feb 22, the biggest night of the U.S. film industry when it pays tribute to its finest actors, directors, producers and writers.

Film stars in designer gowns and diamonds will stroll down the red carpet to the delight of screaming fans and millions of TV viewers before the awards gala at the Kodak Theatre.

Jewelry and shoe designers said they expect the look to be pure Hollywood but with less glitz this year than in the past.

"A lot of the looks we are styling have to do with creating big looks with less bling," said Michelle Adjoran, of Tacori jewelers, which works with celebrities to create distinctive looks for the red carpet.

"Instead of a huge statement necklace, which we did see at the Golden Globes, I think you are going to see a lot more open necklines, dramatic earrings and accent pieces that offset something," she added in an interview.

Expect to see broaches worn as hairpieces, layered chains around the neck and stacked bracelets.

"They (film stars) want something that is reflective of them and that hasn't been seen before," said Adjoran, adding that the jewels are primarily on loan to the stars for the night. Big, dangling, three-dimensional diamond earrings are also expected to be popular.

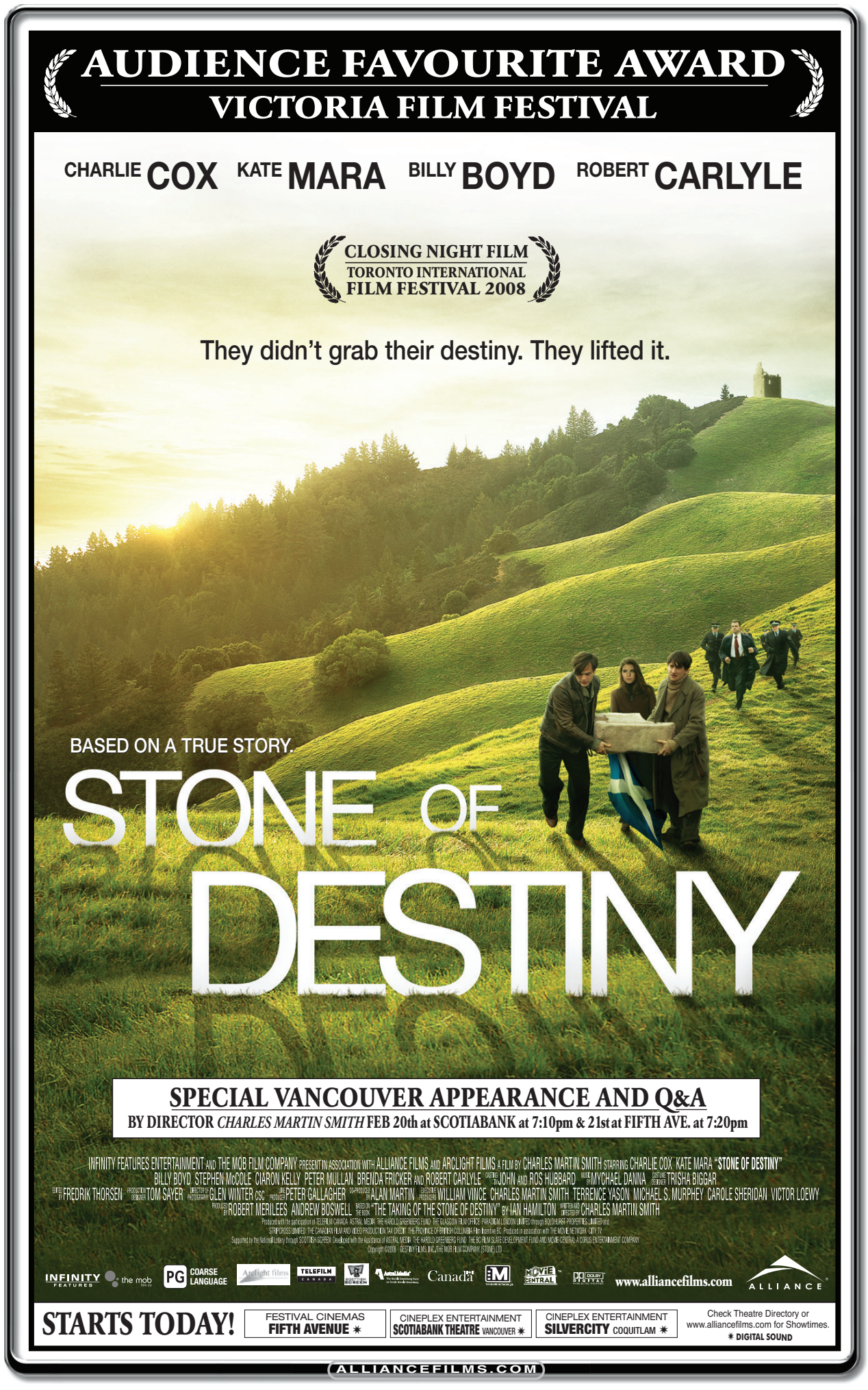
"Diamonds brighten your smile and they bring sparkle to your eyes whenever you are photographed, literally, because they refract the light. Diamond earrings will definitely be seen on the red carpet," said Adjoran.

REUTERS

The 81st Annual Academy Awards

Choo's shoes

- As it has done since 1999, Jimmy Choo is offering an Oscar collection of customized shoes and handbags to nominees and presenters at a style suite it has set up in a Los Angeles hotel.



"THE INTERNATIONAL"...
CRACKLES WITH TENSION... A PULSE-POUNDER...
THE PERFECT THRILLER FOR OUR TIMES."
Stephen Rebello, PLAYBOY

CLIVE OWEN NAOMI WATTS

THE INTERNATIONAL

COLUMBIA PICTURES PRESENTS IN ASSOCIATION WITH RELATIVITY MEDIA AN ATLAS ENTERTAINMENT PRODUCTION A FILM BY TOM TYKWER "THE INTERNATIONAL" ARMIN MUELLER-STAHL BRÍAN F O'BYRNE MUSIC BY TOM TYKWER JOHNNY KLIMEK REINHOLD HEIL EXECUTIVE PRODUCERS ALAN G. GLAZER RYAN KAVANAUGH WRITTEN BY ERIC WARREN SINGER PRODUCED BY CHARLES ROVEN RICHARD SUCKLE LLOYD PHILLIPS DIRECTED BY TOM TYKWER

14A VIOLENCE

Soundtrack on Varèse Sarabande

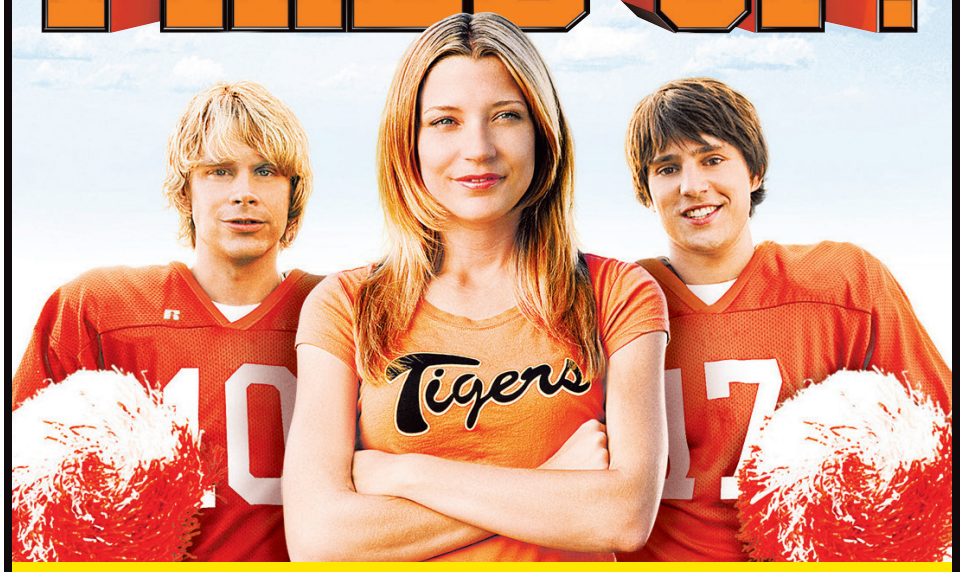
EVERYBODYPAYS.CA

NOW PLAYING Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

"HILARIOUS!"
Jeffrey Lyons, NBC/REEL TALK

"The movie never ceases to hit joke after joke.
There's a definite cleverness to it–
I couldn't stop laughing!"
AIN'T IT COOL NEWS

FIRED UP!



SCREEN GEMS PRESENTS A MOVING PICTURES AMG/GROSS ENTERTAINMENT/CHARLES WEINSTOCK PRODUCTION A FILM BY WILL GLUCK "FIRED UP" NICHOLAS D'AGOSTO ERIC CHRISTIAN OLSEN SARAH ROEMER MOLLY SIMS DANNEEL HARRIS ADHIR KALYAN ANNALYNNE McCORD WITH PHILIP BAKER HALL AND JOHN MICHAEL HIGGINS MUSIC SUPERVISOR WENDE CROWLEY MUSIC BY RICHARD GIBBS EXECUTIVE PRODUCERS WILL GLUCK PADDY CULLEN MARCY GROSS ANN WESTON PRODUCED BY MATTHEW GROSS PETER JAYSEN CHARLES WEINSTOCK WRITTEN BY FREEDOM JONES DIRECTED BY WILL GLUCK

14A COARSE & SEXUAL LANGUAGE

Soundtrack Available Online

ThisIsNOTaCheerleadingMovie.com

STARTS TODAY Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

"A COMIC GEM."
Paul Fischer, DARK HORIZONS

STEVE MARTIN is INSPECTOR CLOUSEAU

INSPECT THE UNEXPECTED

METRO-GOLDWYN-MAYER PICTURES AND COLUMBIA PICTURES PRESENT A ROBERT SIMONDS PRODUCTION STEVE MARTIN "THE PINK PANTHER 2" JEAN RENO ALFRED MOLINA EMILY MORTIMER AISHWARYA RAI BACHCHAN AND ANDY GARCIA WITH LILY TOMLIN AND JOHN CLEESE MUSIC BY CHRISTOPHE BECK EXECUTIVE PRODUCERS IRA SHUMAN SHAWN LEVY BASED ON CHARACTERS CREATED BY MAURICE RICHLIN & BLAKE EDWARDS BASED ON THE PINK PANTHER FILMS OF BLAKE EDWARDS STORY BY SCOTT NEUSTADTER & MICHAEL H. WEBER SCREENPLAY BY SCOTT NEUSTADTER & MICHAEL H. WEBER AND STEVE MARTIN PRODUCED BY ROBERT SIMONDS DIRECTED BY HARALD ZWART

PG VIOLENCE

PinkPanther.ca

THE PINK PANTHER is a trademark of Metro-Goldwyn-Mayer Studios Inc. All Rights Reserved.

NOW PLAYING Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

FIRST BLOCKBUSTER OF THE YEAR!

KEVIN JAMES IS PAUL BLART

MALL COP

DON'T MESS WITH HIS MALL

COLUMBIA PICTURES PRESENTS IN ASSOCIATION WITH RELATIVITY MEDIA A HAPPY MADISON PRODUCTION "PAUL BLART: MALL COP" JAYMA MAYS KEIR O'DONNELL BOBBY CANNAVALE STEPHEN RANNAZZISI AND SHIRLEY KNIGHT SUPERVISION BY MICHAEL DILBECK MUSIC BY WADDY WACHTEL EXECUTIVE PRODUCER JEFF SUSSMAN WRITTEN BY KEVIN JAMES & NICK BAKAY PRODUCED BY ADAM SANDLER JACK GIARRAPUTO TODD GARNER KEVIN JAMES BARRY BERNARDI DIRECTED BY STEVE CARR

PG VIOLENCE

PaulBlart-MallCop.ca

NOW PLAYING Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

Bullock takes on mommy role
Sandra Bullock is throwing in the towel as Hollywood rom-com go-to-girl, and embracing the joys of motherhood in her new role in the football drama-comedy The Blindside. **EMPIREONLINE.COM**

Movies

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Fired Up misguided

Fired Up
Director: Will Gluck
Stars: Nicholas D'Agosto, Eric Christian Olsen
Classification: PG
Rating: ½

STEVE GOW
for Metro Canada

Nicholas D'Agosto, left, and Eric Christian Olsen star in Fired Up.

There isn't much new to get fired up about in Fired Up. Sure, it's a teen comedy with plenty of innuendo, eye-catching cuties and huge over-the-top performances, but then, what else would you expect from a film that presumes a pick-up line like "do you like canopy beds" might actually work?

Nicholas D'Agosto and Eric Christian Olsen star as two sex-obsessed high school football stars that spend summer vacation at cheer camp with the sole goal of scoring as many pom-pom princesses as possible. Once there, they encounter the typical mélange of comic misfits: The resistant head cheerleader; her rich, insolent boyfriend; the gay neat-freak bunkmate; the sexy thirtysomething coach and a meek nerdy girl who tries to dampen outlandish statements like "I want to cut the blond one" by saying, "I'm just sayin."

On the web
- For a trailer and screen times for Fired Up, visit metronews.ca/movies

The truth is, Fired Up is entertaining but it may not satisfy most moviegoers anticipating more visual raunch. The most surprising aspect about this comedy are the film's snappy, rapid-fire zingers and clever, acute references that nod to John Lennon and Spencer Tracey which may ultimately alienate the younger audience it will undoubtedly attract.

Written by Freedom Jones which, judging from the dialogue, may actually be a pseudonym for a syndicate of witty 40-something sitcom scribes, Fired Up isn't disappointing inasmuch as it's misguided. After all, this is a sex comedy for teens; if the characters don't get the references they themselves are uttering, how will its prospective audience? Hey, I'm just sayin'.

Director's touch transforms Destiny

Stone of Destiny
Director: Charles Martin Smith
Stars: Robert Carlyle, Charlie Cox, Billy Boyd
Classification: PG
Rating: ½

IAN GORMELY
for Metro Canada

REVIEW Like Slumdog Millionaire, Stone of Destiny takes a typical Hollywood narrative (the heist flick in this case) and transposes it to an exotic location (post-WWII Scotland).

Based on the book written by the film's protagonist Ian Hamilton, Stone of Destiny follows a group of young Scottish nationalists in their quest to retake the titular rock; Scottish kings were crowned on the stone until it was stolen by the English in the 13th century. British monarchs have since used it for their own coronations, thereby making the English king, the king of Scotland as well.

Charlie Cox stars in Stone of Destiny.

On the web
- For a trailer and screen times for Stone of Destiny, visit metronews.ca/movies

Ian (Charlie Cox) believes that reclaiming the stone will rally the Scots around his group's cause. He enlists the help of friend Bill (Billy Boyd) and John MacCormick (Robert Carlyle), a professor and head of the Scottish independence movement to hatch a plan for its retrieval.

That the group recaptures the Stone and returns it to Scotland is both a historical and narrative inevitability. So the challenge for director Charles Martin Smith (The Snow Walker) is to suck viewers into the world he's created, something he accomplishes quite handily.

Audiences know how this story will end, but they'll be scratching their heads wondering how this band of amateurs ever pulled off such a feat.

Screen Times

This week's new releases are highlighted in pink.

THIS PAGE COVERS MOVIE START TIMES FROM FRI., FEB. 20 TO THURS., FEB. 26. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

VANCOUVER

OMNIMAX THEATRE SCIENCE WORLD
1455 Quebec St., 604-443-7443

The Alps (STC) Fri-Thu 3 Fri 7:30
Grand Canyon Adventure: River at Risk in 3D (STC) Fri-Thu 1
Journey Into Amazing Caves (STC) A.M. Fri-Thu 11 Sat 7:30
Pulse: A Stomp Odyssey (STC) Sat-Sun 5
Roving Mars (G) Fri-Thu 12-2-4 Fri-Sat 8:30

CN IMAX THEATRE
201-999 Canada Place, 604-682-4629

African Adventure 3D: Safari in the Okavango (STC) Fri 1 Sat-Sun 1-5 Mon-Thu 1
The Dark Knight (14A) Fri-Wed 8
Under the Sea 3D (G) Fri 12-2-7 Sat-Sun 12-2-4-7 Mon-Tue 12-2-7 Wed-Thu 12-2
Wild Ocean (G) Fri-Tue 3-6 Wed 3 Thu 3-6

DUNBAR THEATRE
4555 Dunbar Street, 604-222-2991

Slumdog Millionaire (14A) Fri 7-9:30 Sat-Sun 3:45-7-9:30 Mon-Thu 7-9:30

FIFTH AVENUE CINEMAS
2110 Burrard Street, 604-734-7469

Gran Torino (14A) Fri-Thu 1-3:50-6:45-9:10
The Reader (18A) Fri-Thu 1:15-4-6:50-9:20
Revolutionary Road (14A) Fri-Thu 1:45-4:30-7:10-9:40
Slumdog Millionaire (14A) Fri-Thu 1:30-4:10-7-9:35
Stone of Destiny (PG) Fri-Thu 2-4:20-7:20-9:30

GRANVILLE
855 Granville St., 604-684-4000

Defiance (14A) Fri-Thu 6:45-9:40
Frost/Nixon (PG) Fri 6:50-9:30 Sat-Sun 1-4-6:50-9:30 Mon-Thu 6:50-9:30
Hotel for Dogs (G) Sat-Sun 1:30-4:10
Inkheart (PG) Fri 7:10 Sat-Sun 1:10-4:15-7:10 Mon-Thu 7:10
Milk (PG) Fri 6:55-9:45 Sat-Sun 1:05-3:55-6:55-9:45 Mon-Thu 6:55-9:45
Paul Blart: Mall Cop (PG) Fri 7:15-9:50 Sat-Sun 1:25-4:05-7:15-9:50 Mon-Thu 7:15-9:50
Rachel Getting Married (PG) Fri-Thu 9:25
Revolutionary Road (14A) Fri 7-9:35 Sat-Sun 1:20-4:20-7-9:35 Mon-Thu 7-9:35
Underworld: Rise of the Lycans (18A) Fri 7:05-9:20 Sat-Sun 1:15-4:25-7:05-9:20 Mon-Thu 7:05-9:20

HOLLYWOOD THEATRE
3123 W. Broadway, 604-738-3211
hollywoodtheatre.ca

Australia (PG) Fri 7:30 Sat-Sun 3:15-7:30 Mon-Thu 7:30
Bolt (G) Sat-Sun 1:30
Deception (14A) Fri-Thu 10:10

OAKRIDGE
650 West 41st Ave., 604-263-1944

Confessions of a Shopaholic (G) Dolby Stereo Digital, No Passes Fri 7-9:30 Dolby Stereo Digital, No Passes Sat-Sun 1-4-7-9:30 Dolby Stereo Digital Mon-Thu 5-8
The Pink Panther 2 (PG) DTS Digital Fri 6:45-9:20 DTS Digital Sat-Sun 1:45-4:20-6:45-9:20 DTS Digital Mon-Thu 5:20-8:20
Taken (14A) DTS Digital Fri 7:20-9:40 DTS Digital Sat-Sun 1:20-4:40-7:20-9:40 DTS Digital Mon-Thu 5:10-8:10

PACIFIC CINÉMATHÈQUE
1131 Howe St., 604-688-3456

Les Enfants du paradis (STC) Fri-Sat 7:30 Sun 2
Vancouver International Mountain Film Festival (STC) Sun-Thu

PARK THEATRE
3440 Cambie Street, 604-876-2747

Milk (PG) Fri 4-7-9:35 Sat-Sun 1:15-4-7-9:35 Mon-Thu 4-7-9:35

RIDGE THEATRE
3131 Arbutus Street, 604-738-6311

Cadillac Records (14A) Fri-Thu 4-9:15
Welcome to the Sticks (PG) Fri 7 Sat-Sun 1:30-7 Mon-Thu 7

RIO ON BROADWAY
1660 E. Broadway, 604-878-Film

Spike & Mike's Sick & Twisted Festival of Animation (STC) Fri 7-9-12 Sat 4:30-7-9-12 Sun 4:30-7-9 Mon-Thu 7-9

SCOTIABANK THEATRE
900 Burrard St., 604-630-1407

Caesar & Cleopatra - Encore Presentation (STC) Mon 7
Confessions of a Shopaholic (G) Fri-Wed 12:50-3:40-7-9:50 Thu 12:50-3:40-9:50
Coraline 3D (PG) Fri-Tue 1-3:50-6:50-9:30 Wed 1-3:50-9:30 Thu 1-3:50-6:50-9:30
The Curious Case of Benjamin Button (PG) Fri-Thu 12:30-4:15-8:15
Gran Torino (14A) Fri-Sun 12:40-3:30-6:40-9:40 Mon 12:40-3:30-9:40 Tue-Thu 12:40-3:30-6:40-9:40
The International (14A) Fri-Thu 1:30-4:30-7:30-10:30
Metropolitan Opera: La Rondine Encore (STC) Sat 10
Push (14A) Fri-Wed 1:50-4:25-7:50-10:25 Thu 1:50-4:25-10:25
Stone of Destiny (PG) Fri-Thu 1:10-4-7:10-10:10
Taken (14A) Fri-Thu 1:40-4:20-7:40-10:20
The Wrestler (14A) Fri-Thu 1:20-4:10-7:20-10

TINSELTOWN
88 West Pender, 604-806-0799

The Class (PG) Fri-Thu 12:45-4-7:05-9:55
Doubt (G) Fri-Wed 12:20-2:55-5:25-7:55-10:25
Fired Up (14A) No Passes Fri-Thu 12:05-2:20-4:35-6:50-9:10
Friday the 13th (18A) No Passes Fri-Sun 12:30-1:45-3-4:15-5:30-6:45-8-9:15-10:30 No Passes Mon-Tue 12:30-3-5:30-6:45-8-9:15-10:30 No Passes Wed-Thu 12:30-1:45-3-4:15-5:30-6:45-8-9:15-10:30
He's Just Not That Into You (PG) Fri-Thu 1:05-4:05-7:15-10:15
New in Town (PG) Fri-Thu 12:10-2:35-5:10-7:40-10:05
The Pink Panther 2 Fri-Wed 12-2:15-4:25-7-9:20 Thu 12-2:15-4:25-9:20
The Reader (18A) Fri-Thu 1:20-4:10-7:10-10
Slumdog Millionaire (14A) Fri-Sun 12:15-1:30-3:05-4:30-6:10-7:30-9-10:20 Mon-Tue 12:15-1:30-3:05-4:30-7:30-10:20 Wed-Thu 12:15-1:30-3:05-4:30-6:10-7:30-9-10:20
Wendy and Lucy (PG) No Passes Fri-Thu 1-3:15-5:20-7:45-9:50

VANCITY THEATRE
1181 Seymour St., 604-683-Film

The Godfather, Part II (STC) Sun-Thu 7

VAN EAST CINEMA
2290 Commercial Dr., 604-251-1313

Slumdog Millionaire (14A) Fri 7-9:25 Sat-Sun 4:30-7-9:25 Mon-Thu 7-9:25

NORTH SHORE

ESPLANADE 6
200 West Esplanade, 604-983-2762

Confessions of a Shopaholic (G) Fri 7:10-9:35 Sat-Sun 1:30-4-7:10-9:35 Mon-Thu 7:10-9:35
Coraline 3D (PG) Fri 7:20-9:40 Sat-Sun 2-4:40-7:20-9:40 Mon-Thu 7:20-9:40
Friday the 13th (18A) Fri 7:30-9:50 Sat-Sun 1:40-4:30-7:30-9:50 Mon-Thu 7:30-9:50
Hotel for Dogs (G) Sat-Sun 1:20-3:35
The International (14A) Fri 6:50-9:30 Sat-Sun 1:10-3:45-6:50-9:30 Mon-Thu 6:50-9:30
The Reader (18A) Fri-Thu 7-9:45
The Wrestler (14A) Fri 6:45-9:25 Sat-Sun 1:50-4:15-6:45-9:25 Mon-Thu 6:45-9:25

PARK & TILFORD
333 Brooksbank Ave., 604-985-3911

Fired Up (14A) Fri 7:10-9:50 Sat-Sun 12:50-3:50-7:10-9:50 Mon-Thu 7:10-9:50
He's Just Not That Into You (PG) Fri 6:30-9:40 Sat-Sun 12:30-3:30-6:30-9:40 Mon-Thu 6:30-9:40
Metropolitan Opera: La Rondine Encore (STC) Sat 10
Paul Blart: Mall Cop (PG) Fri 6:50-9:35 Sat-Sun 12:40-3:40-6:50-9:35 Mon-Tue 6:50-9:35 Wed 9:35 Thu 6:50-9:35 Star & Strollers Screening Thu 1
The Pink Panther 2 (PG) Fri 6:40-9:20 Sat-Sun 12:35-3:10-6:40-9:20 Mon-Thu 6:40-9:20
Slumdog Millionaire (14A) Fri 7-10 Sat-Sun 1-4-7-10 Mon-Thu 7-10 Star & Strollers Screening Thu 1
Taken (14A) Fri 6:35-9:30 Sat-Sun 12:45-3:20-6:35-9:30 Mon-Thu 6:35-9:30

RICHMOND

RICHMOND CENTRE 6
6551 #3 Road, 604-273-7173

Confessions of a Shopaholic (G) Fri 4:25-7:15-9:45 Sat 1:15-4:25-7:15-9:45 Sun 1:15-4:25-7:15 Mon-Thu 4:25-7:15
Friday the 13th (18A) Fri 4:35-7:20-9:40 Sat 1:25-4:35-7:20-9:40 Sun 1:25-4:35-7:20 Mon-Thu 4:35-7:20
He's Just Not That Into You (PG) Fri 4:10-7-9:55 Sat 1-4:10-7-9:55 Sun 1-4:10-7 Mon-Thu 4:10-7
The International (14A) Fri 4:20-7:10-9:50 Sat 1:10-4:20-7:10-9:50 Sun 1:10-4:20-7:10 Mon-Thu 4:20-7:10
Milk (PG) Fri 4:15-7:05-10 Sat 1:05-4:15-7:05-10 Sun 1:05-4:15-7:05 Mon-Thu 4:15-7:05
The Pink Panther 2 (PG) Fri 4:30-6:55-9:35 Sat 1:20-4:30-6:55-9:35 Sun 1:20-4:30-6:55 Mon-Thu 4:30-6:55

SILVERCITY RIVERPORT
14211 Entertainment Way, 604-272-7280

Billu Barber (Hindi w/e.s.t.) (PG) Fri-Thu 12:10-3:20-6:30-9:35
Caesar & Cleopatra - Encore Presentation (STC) Mon 7
Confessions of a Shopaholic (G) Fri-Sat 1:05-4:05-7:05-10:05 Sun 1-4:05-7:05-10:05 Mon-Thu 1:05-4:05-7:05-10:05
Coraline (PG) Fri-Thu 12:40-3:35-6:40-9:30
The Curious Case of Benjamin Button (PG) Fri-Thu 4:15-8
The Day the Earth Stood Still: The IMAX Experience (PG) Fri-Thu 1-4-7
Delhi 6 (Hindi w/e.s.t.) (STC) Fri-Thu 12-3:30-6:45-10
Fired Up (14A) Fri-Thu 1-3:15-5:30-7:40-10:20
Friday the 13th (18A) Fri-Thu 1-3:20-5:40-7:25-8-10-10:45
Gran Torino (14A) Fri-Sun 1:45-4:50-7:50-10:45 Mon-Thu 4:05-9:45
He's Just Not That Into You (PG) Fri-Thu 12:15-3:30-7-10:15
Hotel for Dogs (G) Fri-Thu 12-2:25-4:45
The International (14A) Fri-Wed 12:35-3:45-7:05-10 Thu 3:45-7:05-10 Star & Strollers Screening Thu 1:05
Jag Jeondeyan de Mele (in Punjabi) (G) Fri-Thu 1-5-9
Metropolitan Opera: La Rondine Encore (STC) Sat 10
Paul Blart: Mall Cop (PG) Fri-Sun 1:35-4:25-6:55-9:55 Mon 1:35 Tue-Thu 1:35-6:55
The Pink Panther 2 (PG) Fri-Thu 12:20-2:30-4:50-7:20-10:05
Push (14A) Fri-Thu 12:45-4-7:30-10:25
The Reader (18A) Fri-Thu 4:20-10:40
Revolutionary Road (14A) Fri-Thu 12:45
Slumdog Millionaire (14A) Fri-Thu 12:25-4:10-7:10-10:10
Taken (14A) Fri-Thu 1-4-7:15-10
The Wrestler (14A) Fri-Wed 1:20-7:45 Thu 7:45 Star & Strollers Thu 1

BURNABY

DOLPHIN CINEMAS
4555 E. Hastings St., 604-293-0332

He's Just Not That Into You (PG) Fri 6:30-9 Sat-Sun 1:30-4-6:30-9 Mon-Thu 6:30-9
Slumdog Millionaire (14A) Fri 7-9:30 Sat-Sun 1:30-4-7-9:30 Mon-Thu 7-9:30

SILVERCITY METROPOLIS
4700 Kingsway Ave., 604-435-7474

Confessions of a Shopaholic (G) Fri-Thu 1:05-4:10-7:05-10
Coraline 3D (PG) Fri-Thu 12:45-3:40-7
Fired Up (14A) Fri-Thu 12:40-3:15-6:50-9:30
Friday the 13th (18A) Fri-Thu 1:10-3:45-7-9:45
He's Just Not That Into You (PG) Fri-Thu 12:30-3:30-7:15-10:30
The International (14A) Fri-Thu 12:35-3:50-7:35-10:25
My Bloody Valentine 3D (18A) Fri-Thu 9:50
Paul Blart: Mall Cop (PG) Fri-Wed 12:50-3:20-6:45-9:15 Thu 12:50-3:20-9:15
Push (14A) Fri-Thu 1-3:55-7:10-9:55
Slumdog Millionaire (14A) Fri-Thu 1:05-3:55-7:20-10:20
Taken (14A) Fri-Thu 12:50-3:30-7:45-10:15

STATION SQUARE
220-6200 McKay Ave., 604-434-7711

Bride Wars (G) Fri-Sat 9:45 Sun-Thu 7:30
The Curious Case of Benjamin Button (PG) Fri 4:40-7:50 Sat-Sun 1:30-4:40-7:50 Mon-Thu 4:40-7:50
Gran Torino (14A) Fri-Sat 7:15-10 Sun-Thu 7:15
Hotel for Dogs (G) Fri 4:30 Sat-Sun 1:40-4:30 Mon-Thu 4:30
Inkheart (PG) Fri 5-7:30 Sat 2:15-5-7:30 Sun 2:15-5 Mon-Thu 5
The Pink Panther 2 (PG) Fri 4:55-7:25-10:10 Sat 2-4:55-7:25-10:10 Sun 2-4:55-7:25 Mon-Thu 4:55-7:25
Twilight (PG) Fri 4:50-7:20-9:50 Sat 2:10-4:50-7:20-9:50 Sun 2:10-4:50-7:20 Mon-Thu 4:50-7:20
Underworld: Rise of the Lycans (18A) Fri 5:05-7:35-10:05 Sat 2:05-5:05-7:35-10:05 Sun 2:05-5:05-7:35 Mon-Thu 5:05-7:35
The Uninvited (14A) Fri 4:45-7:30-9:55 Sat 2:20-4:45-7:30-9:55 Sun 2:20-4:45-7:30 Mon-Thu 4:45-7:30

NEW WEST/ COQUITLAM

SILVERCITY COQUITLAM
170 Schoolhouse Street, 604-523-2911

Bride Wars (G) Fri-Tue 1:45-4:15 Wed 4:15 Thu 1:45-4:15 Star & Strollers Screening Wed 1
Confessions of a Shopaholic (G) Fri-Thu 12:30-3:30-6:55-9:55
Coraline 3D (PG) Fri-Thu 12:20-3-7:05-10
The Curious Case of Benjamin Button (PG) Fri-Thu 12:10-4:20-8:10
Defiance (14A) Fri-Thu 9:50
Fired Up (14A) Fri-Thu 12:05-2:30-4:55-7:55-10:30
Friday the 13th (18A) Fri-Thu 12:15-2:40-5-7:05-7:35-9:35-10:05
Gran Torino (14A) Fri-Thu 1:30-4:30-7:30-10:20
He's Just Not That Into You (PG) Fri-Thu 12:15-3:35-6:45-10:10
Hotel for Dogs (G) Fri-Thu 12:40-3:35-6:35
The International (14A) Fri 1:30-4:25-7:25-10:20 Sat-Tue 1:30-4:30-7:25-10:20 Wed 4:30-7:25-10:20 Thu 1:30-4:30-7:25-10:20 Star & Strollers Wed 1
Metropolitan Opera: La Rondine Encore (STC) Sat 10
Paul Blart: Mall Cop (PG) Fri-Thu 12:10-2:40-5:10-7:40-10:15
The Pink Panther 2 (PG) Fri-Thu 12:25-2:55-5:15-7:35-10
Push (14A) Fri-Thu 1:15-4:25-7:25-10:20
The Reader (18A) Fri-Thu 12:35-3:20-6:05-9:20
Revolutionary Road (14A) Fri-Thu 12:55-3:55-6:55
Slumdog Millionaire (14A) Fri-Thu 1-4-7-10
Stone of Destiny (PG) Fri-Thu 1:10-4:10-7-9:30
Taken (14A) Fri-Thu 12:20-2:50-5:15-7:50-10:35
Underworld: Rise of the Lycans (18A) Fri-Thu 1:25-3:55-6:45-9:35
The Uninvited (14A) Fri-Thu 9:05
The Wrestler (14A) Fri-Thu 1:40-4:40-7:40-10:30

SURREY/WHITE ROCK/LANGLEY

CLOVA
5732-176th St., Surrey, 604-541-9527

Hotel for Dogs (G) Sat-Sun 1:30
Seven Pounds (PG) Fri-Thu 9:15
Valkyrie (PG) Fri-Thu 7

HOLLYWOOD 3 CINEMA
7125-138th St., 604-592-4441

Bedtime Stories (G) Fri-Sun 12-4:45-6:45 Mon-Thu 4:45-6:45
The Curious Case of Benjamin Button (PG) Fri-Sun 12
Gran Torino (14A) Fri-Thu 7:15
Inkheart (PG) Fri-Sun 3-5:05 Mon-Thu 5:05
Marley & Me (G) Fri-Sun 12-2:15-4:40-7-9:15 Mon-Thu 4:40-7-9:15
The Tale of Despereaux (G) Fri-Sun 2:15
Twilight (PG) Fri-Thu 8:50
The Uninvited (14A) Fri-Thu 9:30

STRAWBERRY HILL GRANDE
12161-72nd Ave, Surrey, 604-501-9400

Billu Barber (Hindi w/e.s.t.) (PG) Fri-Thu 12:35-3:45-6:55-9:55
Confessions of a Shopaholic (G) Fri-Thu 1:35-4:15-7:15-9:50
Delhi 6 (Hindi w/e.s.t.) (STC) Fri-Thu 12:30-3:30-6:45-10
Fired Up (14A) Fri-Thu 1:45-4:20-7:20-9:40
Friday the 13th (18A) Fri-Thu 1:30-4-7:30-10:15
He's Just Not That Into You (PG) Fri-Thu 1-4:05-7:05-10:10
The International (14A) Fri-Thu 12:40-3:35-6:50-9:35
Jag Jeondeyan de Mele (in Punjabi) (G) Fri-Thu 12:50-1:20-4:30-5-9-9:30
Paul Blart: Mall Cop (PG) Fri-Tue 1:40-3:50-7:25 Wed 3:50-7:25 Thu 1:40-3:50-7:25 Star & Strollers Screening Wed 1
Push (14A) Fri-Thu 9:45
Slumdog Millionaire (14A) Fri-Tue 1:10-4:10-7-10:05 Wed 4:10-7-10:05 Thu 1:10-4:10-7-10:05 Star & Strollers Screening Wed 1
Taken (14A) Fri-Tue 1:05-3:40-7:10-9:25 Wed 1:05-3:40-9:25 Thu 1:05-3:40-7:10-9:25

STUDIO 12 GUILDFORD
15051-101st Ave, Surrey, 604-581-1176

Billu Barber (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 9:35
Confessions of a Shopaholic (G) Dolby Stereo Digital, No Passes, Stadium Seating Fri-Sun 1:20-4:15-7-9:40 Dolby Stereo Digital, Stadium Seating Mon-Thu 1:20-4:15-7-9:40
Coraline (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:15-4-6:55-9:30
Fired Up (14A) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:45-4:35-7:20-9:50
Friday the 13th (18A) Dolby Stereo Digital, Stadium Seating, No Passes Fri-Sun 2-4:45-7:35-10:20 Dolby Stereo Digital, Stadium Seating Mon-Thu 2-4:45-7:35-10:20
He's Just Not That Into You (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:10-4:10-7:10-10:10
Hotel for Dogs (G) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:35-4:05-6:40
The International (14A) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:30-4:25-7:15-10:05
Jag Jeondeyan de Mele (G) Dolby Stereo Digital, Stadium Seating Fri-Thu 1-4:30-8
Paul Blart: Mall Cop (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:25-3:50-7:25-9:55
The Pink Panther 2 (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:40-4:20-7:05
Push (14A) Dolby Stereo Digital, Stadium Seating Fri-Thu 10:15
Slumdog Millionaire (14A) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:05-3:55-6:50-9:45
Taken (14A) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:50-4:40-7:30-10

RIALTO
1732-152nd St., 604-541-9527

He's Just Not That Into You (PG) Fri 7-9:20 Sat-Sun 2-7-9:20 Mon-Thu 7-9:20
The Reader (18A) Fri 7:10-9:30 Sat-Sun 2:10-7:10-9:30 Mon-Thu 7:10-9:30

CRITERION 4 WHITE ROCK
2381 King George Hwy., 604-531-7456

Confessions of a Shopaholic (G) Fri 7:20-9:20 Sat-Sun 2:20-7:20-9:20 Mon-Thu 7:20-9:20
Friday the 13th (18A) Fri 7:30-9:30 Sat-Sun 2:30-7:30-9:30 Mon-Tue 7:30-9:30 Wed 9:30 Thu 7:30-9:30
The Pink Panther 2 (PG) Fri 7:10 Sat-Sun 2:10-7:10 Mon-Thu 7:10
Slumdog Millionaire (14A) Fri 7-9:25 Sat-Sun 2-7-9:25 Mon-Thu 7-9:25
The Wrestler (14A) Fri-Thu 9

COLOSSUS LANGLEY
20090-91A Ave, Langley, 604-513-8747

Bride Wars (G) Fri-Sun 1:10-4:30 Mon-Thu 4:30
Confessions of a Shopaholic (G) Fri-Sun 12:10-3:35-7-10:10 Mon-Thu 3:35-7-10:10
Coraline 3D (PG) Fri-Sun 1:20-4:25-7:15-10:05 Mon-Thu 4:25-7:15-10:05
The Curious Case of Benjamin Button (PG) Fri-Sun 12:45-4:20-8:10 Mon-Tue 4:20-8:10 Wed 8:10 Thu 4:20-8:10 Star & Strollers Screening Wed 3
The Day the Earth Stood Still: The IMAX Experience (PG) Fri-Sun 1-4-8 Mon-Thu 4-8
Defiance (14A) Fri-Thu 9:35
Fired Up (14A) Fri-Sun 12:50-3:45-7:25-10:20 Mon-Thu 3:45-7:25-10:20
Friday the 13th (18A) Fri-Sun 1:30-4:40-7:10-7:45-10-10:30 Mon-Thu 4:40-7:10-7:45-10-10:30
Gran Torino (14A) Fri-Sun 12:25-3:30-6:50-9:55 Mon-Tue 3:30-6:50-9:55 Wed 6:50-9:55 Thu 3:30-6:50-9:55 Star & Strollers Screening Wed 3
He's Just Not That Into You (PG) Fri-Sun 1-4:15-7:30-10:30 Mon-Thu 4:15-7:30-10:30
Hotel for Dogs (G) Fri-Sun 12:35-3:50-6:45 Mon-Thu 3:50-6:45
The International Fri-Sun 12:40-3:30-7:05-10 Mon-Thu 3:30-7:05-10
Metropolitan Opera: La Rondine Encore (STC) Sat 10
Paul Blart: Mall Cop (PG) Fri-Sun 1:15-4:05-7:10-9:40 Mon-Thu 4:05-7:10-9:40
The Pink Panther 2 (PG) Fri-Sun 12:05-2:25-4:50-7:15-9:45 Mon-Thu 4:50-7:15-9:45
Push (14A) Fri-Sun 12:30-4:10-7:35-10:25 Mon-Thu 4:10-7:35-10:25
The Reader (18A) Fri-Sun 12-3:40-6:40-9:45 Mon-Thu 3:40-6:40-9:45
Revolutionary Road Fri-Thu 10:20
Slumdog Millionaire (14A) Fri-Sun 12:20-3:45-6:55-9:50 Mon-Thu 3:45-6:55-9:50
Taken (14A) Fri-Sun 12:55-4-7:20-10:15 Mon-Thu 4-7:20-10:15
Underworld: Rise of the Lycans (18A) Fri-Sun 1:25-4:35-7:50-10:30 Mon-Tue 4:35-7:50-10:30 Wed 4:35-10:30 Thu 4:35-7:50-10:30
The Uninvited (14A) Fri-Sun 1:05-3:55-7:40 Mon-Thu 3:55-7:40

TWILIGHT DRIVE-IN
260th St. & Fraser Hwy., 604-856-5063

Paul Blart: Mall Cop (PG) Fri-Sun 7:30
Underworld: Rise of the Lycans (18A) Fri-Sun 9:15

The top pop albums, according to Billboard Magazine
1. Fearless, Taylor Swift; **2.** Raising Sand, Robert Plant and Alison Krauss; **3.** Testimony: Vol. 2, Love and Politics, India.Arie; **4.** The Fray, The Fray; **5.** It's Not Me, It's You, Lily Allen. **REUTERS**

Music

The Goddess of winter

Emm Gryner's latest album draws on seasonal themes

BRIAN COULTON
for Metro Canada

Once upon a time, Emm Gryner didn't have to deal with winter.

The Sarnia, Ont.,-born singer/songwriter's 13-year career has seen her take up residence in locales like New York and sunny Los Angeles where the bitter ice and snow don't quite fall like in her native Ontario.

But given the choice, Gryner would sooner remain stationed in the small town outside Stratford, Ont., she now calls home, instead of such over-hyped havens of musical bustle.

"I like being able to have this small town as a base," she says. "I'd be hesitant to leave that or be on the road all the time or trade it for something a little bit bigger."

Trading it would necessitate swapping those seasonal aspects she's become so accustomed to. "It really defines us as Canadians," she says, "the fact that we spend six months of our lives in this kind of a climate." And on her eleventh studio album Goddess, it's that motif of winter that seems to underlie the often-bombastic blizzard of sounds on the record.

"It's a really chilling risk to take to step out into the cold and kind of reveal yourself."
Emm Gryner

While Gryner didn't really intend Goddess to be a "winter" album, she acknowledges the theme's apparent recurrence and says many of the songs were written amid the wind and snow marking the last few months. The record does, at least, reflect winter's bleak, dejected reputation. "I just kind of felt like doing something a little more minor, with a few more minor keys, and a bit meatier," she says. Further, many of Goddess' songs are very personal, says Gryner, and the album divulges some of the sadder experiences she encountered when coming to grips with her life. "It's a really chilling risk to take to step out into the cold and kind of reveal yourself."

It's also risky to attempt creating any record completely by yourself. But because of the album's introspective nature, Gryner opted to self-produce all components of Goddess.

"I always enjoy records that the artist has produced because you know exactly that that's the way they wanted to communicate the songs," she says. "Because I recorded it and I produced it, it retains a little bit of that intimate 'I did this at my house' kind of vibe."

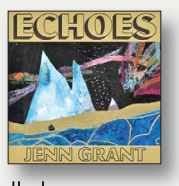
ILIA HORSBURGH PHOTO

Emm Gryner says many of the songs on her new album Goddess are very personal.

Metro recommends

- **LILY ALLEN, IT'S NOT ME, IT'S YOU:** A clever blend of Allen's sassy musings and confessional lyrics over breezy electro-pop. This album is full of cheeky charm.

- **JENN GRANT, ECHOES:** This Canadian songstress mixes her beautiful voice with gentle folk rock and orchestral ballads.



- **THE BPA, I THINK WE'RE GONNA NEED A BIGGER BOAT:** Fatboy Slim mixes guest star vocals with a myriad of music genres to create a collage of eclectic tunes. **METRO NEWS SERVICES**

Oscar cuts short best original songs

SoundCheck

Alan Cross
alan@ongoinghistory.com

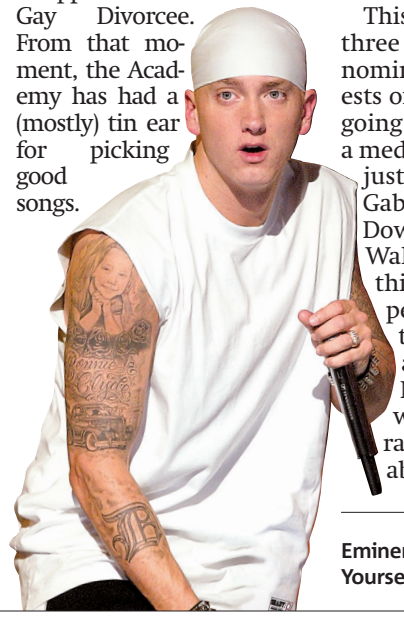
Awards show season reaches its peak Sunday night with the 81st Academy Awards ceremony, where Oscars aplenty will be handed out by and to some of the most self-important pieces of puffery on the planet. The Oscars lost me years ago when host Whoopi Goldberg smugly told the audience "Don't we do good work?"

Naturally, the telecast is scheduled to run three-and-a-half hours (Optimistic? Or delusional?), but will most likely stretch much longer, which means diehards on eastern time won't get to bed until it's way too late.

This, despite the producers' annual vow to shorten things up. Winners are given the hook after 45 seconds. The gawdawful interpretive dance numbers that no one liked were cut. The second hour is no longer about categories that only industry wonks care about. And they've cut the time given to the performances by nominees for best original song.

Normally, this wouldn't be just a bad thing — but not this year. I'll get back to that in a second.

Best original song is one of the oldest awards, dating back to 1934 when The Continental scooped a trophy for its appearance in The Gay Divorcee. From that moment, the Academy has had a (mostly) tin ear for picking good songs.



Eminem won the Oscar for Lose Yourself in 2002. GETTY IMAGES

There's been a bias towards Disney ditties and syrupy love songs — think My Heart Will Go On from Titanic (1997). Occasionally they got it right. Think Eminem and Lose Yourself in 2002, and Bruce Springsteen for Streets of Philadelphia in 1993.

The rest of the list consists of song that are, in my opinion, twee, lightweight, dated and otherwise ignominious. (Last Dance from Thank God It's Friday, anyone? Look it up!)

This year, there are just three best original song nominees. But in the interests of saving time, they're going to be condensed into a medley with each getting just 65 seconds. Peter Gabriel, the co-writer of Down to Earth from Wall-E, will have none of this, so he's refusing to perform. Meanwhile, the other two songs are from Slumdog Millionaire, one of which is co-written by rapper M.I.A. She probably won't be there, either, because she became a mother last week, just a couple of days after performing at the Grammys. Apparently, organizers are so desperate for her to perform that they've offered her a bed so she can sing lying down. Even I'd stay up for that.

The 81st Annual Academy Awards

The Ongoing History of New Music can be heard on stations across Canada. Read more at ongoinghistory.com and exploremusic.com

TOP 10 MOBILE DOWNLOADS
1 Poker Face — Lady Gaga
2 Live Your Life — T.I. ft. Rihanna
3 Heartless — Kanye West
4 Sex On Fire — Kings Of Leon
5 Beautiful — Akon
6 Single Ladies — Beyoncé
7 Love Story — Taylor Swift
8 Bottle Cap — Pussycat Dolls
9 Nasty Girl — Ludacris
10 Circus — Britney Spears
rogers.com/musicstore
ROGERS™

McPhee's singer role

American Idol runner-up-turned-actress Katharine McPhee is set to play a singer. McPhee, who costarred in The House Bunny, has been tapped for a visit to CSI: NY, according to The Hollywood Reporter. TVGUIDE.COM

Television

CTV PHOTO

etalk hosts Ben Mulroney and Tanya Kim (pictured) will cover the 81st Annual Academy Awards this Sunday.

Covering the red carpet

Mulroney talks Oscar jitters and his most embarrassing interview

ROBYN YOUNG
for Metro Canada

What's one of the stupidest things Ben Mulroney has ever done on the red carpet?

It was at last years Oscars with Julian Schnabel, director of The Diving Bell and the Butterfly.

"I don't know how I forgot or why I forgot, but I forgot to say hello and ask the name of his wife," said the affable television host.

American artist and director Schnabel would not entertain any of Mulroney's questions until he recognized his mistake.

"It felt like forever, it might have been 20 seconds, but it felt like a very long time while he just stood there and stared at me," he said with a sheepish chuckle, recalling the awkward moment.

The 81st Annual Academy Awards

The Academy Awards red carpet event, the biggest and most widely televised of all, is chock full of opportunities for even the coolest cats in front of the camera to make mistakes.

But that's one of the things Mulroney, who will again be CTV's front man at the 81st annual event Sunday, says he likes best about going live.

"I think you should show off that carpet in all of its crazy glory," he said.

After six years as Canada's red carpet guy, Mulroney said he still gets nervous but tries not to let his nerves get in the way of the excitement.

"I approach the red carpet as a fan more than anything," he said. "I'm not a film expert but I am a lover of the movies."

Once the actors start rolling in, Mulroney said, nerves give way to adrenaline and it's a bit of a whirlwind. He often doesn't remember who he's talked to until after the event because he's so focused on trying to ask the right questions including, of course, "Who are you wearing?"

Add in the behind-the-scenes chaos with publicists yanking the actors from one interview to the next and producers shouting commands in his ear and it becomes a bit of a circus.

There are a lot of snap decisions to be made and basically you just have to hope for the best, he said.

"Sometimes it doesn't come off as pretty but I think that the people at home appreciate the live, anything-goes nature of that red carpet," he said.

Mulroney will be joined by etalk colleagues Tanya Kim and Elaine "Lainey" Lui who will commentate on the red carpet happenings from a balcony in front of Hollywood's Kodak Theatre.

• Coverage of the red carpet will begin Feb. 22 at 3 p.m. on CTV. The 81st Annual Academy Awards begins at 5:30 p.m.

Job At Home
$487.68 Weekly.
Mail Work, Assemble Products or Computer Work
www.TopJobVancouver.com
Or Write to: CHR Jobs
900 Greenbank Road
Suite #415 • #916-MV1
Ottawa ON, K2J 4P6

FRIDAY 2/20/09 primetime

VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	Marketplace	CBC News: the fifth estate		CBC News: The National (N)		(:05) The Hour
	255	358	6	JOY	E News	The Insider	True Hollywood Story (CC)		Friday Night Lights (N) (CC)		20/20 (CC)		News (N)
	250	321	9	CTV	etalk (CC)	Hollywood	Ghost Whisperer "Firestarter"		Flashpoint "Who's George?"		Raising the Bar (N) (CC)		News (N)
	252	336	11	GTV	Entertainment	ET Canada	Howie Do It	Howie Do It	(:01) Dollhouse "The Target"		NUMB3RS "The Decoy Effect"		News (N)
	256	389	12	VI	Instant Star	TMZ (N) (CC)	Sarah Connor Chronicles		Supernanny "Sachs Family"		Whistler "Fallen" Local hero.		News (CC)
	253	359	13	CITY	Law & Order: SVU		Mantracker (CC)		Survivorman (CC)		Crusoe (CC)		EP Daily
	-	-	14	CW	Deal-No Deal	Deal-No Deal	Hates Chris	The Game	13: Fear Is Real "Boom"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	Ghost Whisperer "Firestarter"		Flashpoint "Who's George?"		NUMB3RS "The Decoy Effect"		News (N)
	287	379	16	NBC	Evening Mag.	Inside Edition	Howie Do It	Howie Do It	Friday Night Lights (N) (CC)		Dateline NBC (CC)		News (N)
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	Wife Swap (CC)		Supernanny "Sachs Family"		20/20 (CC)		KOMO 4 News
	290	382	23	FOX	Two/Half Men	Two/Half Men	Sarah Connor Chronicles		(:01) Dollhouse "The Target"		News (N)	Most Wanted	Family Guy
family sports news	502	390	26	NW	Disappearing Male (CC)		CBC News: The National (N)		CBC News: The National		Disappearing Male (CC)		National
	500	500	33	CNN	Anderson Cooper 360 (CC)		Anderson Cooper 360 (CC)		Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
	407	419	22	RSP	WHL Hockey		Hockey	World Sport	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	SportsCentre (Live) (CC)			Off the Record	Boxing Friday Night Fights. (Same-day Tape) (CC)				SportsCentre
cable variety	552	543	25	YTV	Spice World ★ (1997) The Spice Girls, Richard E. Grant. (CC)				Falcon Beach (CC)		Ghost	Mystery Hnt.	Mystery Hnt.
	555	545	50	TEL	Totally Spies	Total Drama	6TEEN (CC)	6TEEN (CC)	Futurama	Superman III ★★ (1983) Christopher Reeve. (CC)			
	268	354	5	KNO	Arctic Mission Arctic culture.		Poirot "Incredible Theft" (N)		Dalziel and Pascoe (N) (CC)		Time Indefinite (1993) Premiere. (CC)		
	575	583	20	CMT	Blessings ★★ (2003, Drama) Mary Tyler Moore, Liam Waite, China Chow.					Candid C.	Blessings ★★ (2003) Mary Tyler Moore.		
	615	520	31	A&E	CSI: Miami "Burned" (CC)		Criminal Minds "Distress"		CSI: Miami "Rush" (CC)		CSI: Miami "Just Murdered"		CSI: Miami
	521	560	34	TLC	Incredible Weddings (CC)		What Not to Wear "Kathy"		Incredible Weddings (CC)		What Not to Wear "Alicia"		Weddings
	616	522	39	SHO	The Outer Limits "The Nest"		Da Vinci's Inquest (CC)		Testees (CC)	Kenny-Spenny	Webdreams	Sin Cities	Wife Swap
	294	650	47	TBS	(6:00) Drumline ★★★ (2002) Nick Cannon.			Sex and-City	Sex and-City	(:40) Last Holiday ★★ (2006, Comedy) Queen Latifah. (CC)			
	603	561	52	FN	Diner, Drive-In	Diner, Drive-In	Ramsay's Kitchen Nightmares		Challenge Birthday cake.		Kylie Kwong	Gourmets	Diner, Drive-In
	320	621	60	CEN	(6:15) Poor Boy's Game (2007)		Harold & Kumar Escape Guantanamo			(:45) Knocked Up ★★★ (2007) Seth Rogen, Paul Rudd. (CC)			
	581	566	101	MTV	Play'd (CC)	The City	City Live After	Play'd (CC)	The Girls of Hedsor Hall		Play'd (CC)	The City	Made (CC)

SATURDAY 2/21/09 primetime

VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3	CBC	NHL Hockey Calgary Flames at Edmonton Oilers. (Live) (CC)					Hockey Day -- After Hours	News (CC)		HNIC Replay
	255	358	6	JOY	Chef School	E News	Obituary (2006, Suspense) Josie Bissett. (CC)				Show Yours	G-Spot (CC)	News (CC)
	250	321	9	CTV	W-FIVE (N) (CC)		Without a Trace "Last Call"		Law & Order: SVU		Law & Order "Sweetie" (CC)		News (N)
	252	336	11	GTV	Currents: Breaking Ranks		Masterminds	Masterminds	Doc "Welcome to NY" (CC)		Doc "Safety First" (CC)		News (N)
	256	389	12	VI	New Canoe	Island Week	The Road to Avonlea		Kool Countdown (CC)		Comedy Now	Awards	Bravo! Fact
	253	359	13	CITY	Without a Trace (CC)		Less-Kind	Kaya (CC)	Murder 19C: Detective Murdoch Mysteries				Role
	-	-	14	CW	CSI: NY (CC)		Boston Legal "Men to Boys"		Boston Legal (CC)		CSI: NY "People With Money"		CSI: Miami
	289	381	15	CBS	Entertainment Tonight (N)		Without a Trace "Last Call"		Criminal Minds (CC)		48 Hours Mystery (N) (CC)		News (N)
	287	379	16	NBC	Backroads	Inside Edition	Law & Order: Criminal Intent		Law & Order: SVU		Law & Order "Sweetie" (CC)		News (N)
	288	380	21	ABC	Wheel-Fortune	Jeopardy!	Scrubs (CC)	Hitch ★★★ (2005, Romance-Comedy) Will Smith, Eva Mendes, Kevin James.					KOMO 4 News
	290	382	23	FOX	Two/Half Men	Two/Half Men	Cops (N) (PA)	Cops (CC)	America's Most Wanted		News (N)	Most Wanted	Talkshow
family sports news	502	390	26	NW	CBC News: the fifth estate		Sat. Report	Fortune	Sat. Report	Mansbridge	CBC News: the fifth estate		Sat. Report
	500	500	33	CNN	D.L. Hughley-News		Newsroom		Larry King Live		D.L. Hughley-News		Newsroom
	407	419	22	RSP	Ultimate Fighting Championship 95: Sanchez vs. Stevenson				Sportsnet Connected (Live)		Sportsnet Connected (Live)		PartyPoker.net
	400	400	30	TSN	Curling 2009 Scotties Tournament of Hearts -- Draw 2. From Victoria, B.C. (Live) (CC)						SportsCentre (Live) (CC)		SportsCentre
cable variety	552	543	25	YTV	Team Galaxy	Team Galaxy	Zixx Level	Storm Hawks	Naruto (CC)	Bleach (CC)	Ghost	Ghost	Mystery Hnt.
	555	545	50	TEL	Titan A.E. ★★★ (2000) Voices of Matt Damon. (CC)				Futurama	Chicken	Clone High	Gay Couple	Moral Orel
	268	354	5	KNO	Nefertiti and the Lost Dynasty		Heartbeat "The Big Chill"		Midsomer Murders "The Axeman Cometh" (N) (CC)				Montreal Jazz
	575	583	20	CMT	Darius Rucker	The Wreckers	Grand Ole Opry Live		Hope & Faith	Hope & Faith	Darius Rucker	The Wreckers	Ed (CC)
	615	520	31	A&E	CSI: Miami "CSI: My Nanny"		CSI: Miami (CC)		CSI: Miami (CC)		CSI: Miami (CC)		CSI: Miami
	521	560	34	TLC	Deals on Bus	Real Estate	Jon & Kate	Jon & Kate	My First Home	My First Home	Deals on Bus	Real Estate	Little People
	616	522	39	SHO	Mutant X "Meaning of Death"		The Party Never Stops (2007) Sara Paxton, Chelsea Hobbs.				Anchorman: The Legend of Ron Burgundy		
	294	650	47	TBS	Diary of a Mad Black Woman ★★ (2005) Kimberly Elise, Steve Harris. (CC)					House-Payne	House-Payne	House-Payne	House-Payne
	603	561	52	FN	Hell's Kitchen (CC)		The F Word		Top Chef Final challenges. (Part 1 of 2) (CC)			Good Eats	Hell's Kitchen
	320	621	60	CEN	Unstable Fables: Tortoise		The Visitor ★★★ (2007) Richard Jenkins.			(:45) 300 ★★★ (2007) Gerard Butler, Lena Headey. (CC)			
	581	566	101	MTV	Cribs (CC)	Cribs (CC)	Cribs (CC)	Cribs (CC)	Cribs (CC)	Cribs (CC)	MTV Live	MTV News	After

SUNDAY 2/22/09 primetime

VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3	CBC	Heartland "Gift Horse"		Marple: A Pocket Full of Rye (2009) Julia McKenzie. Premiere.				CBC News: Sunday Night (N)		News (CC)
	255	358	6	JOY	The Best Years		L.A. Confidential ★★★★ (1997, Crime Drama) Kevin Spacey, Russell Crowe. (CC)						News (CC)
	250	321	9	CTV	(5:30) The 81st Annual Academy Awards			The Amazing Race 14 (N)		Old Christine	Old Christine	Samantha	News (N)
	252	336	11	GTV	The Barbara Walters Special		The Simpsons	King of Hill	Family Guy	American Dad	The Unit "Sudden Flight"		News (N)
	256	389	12	VI	To Be Announced		To Be Announced		Cold Case "Glory Days"		Medium "Heads Will Roll"		New Canoe
	253	359	13	CITY	2Half Men	2Half Men	Friends (CC)	Friends (CC)	Rock of Love Bus		Crusoe (CC)		Role
	-	-	14	CW	(6:30) Jericho		Tomorrow Never Dies ★★★ (1997) Pierce Brosnan, Jonathan Pryce. (CC)				Seinfeld	Seinfeld	Cold Case
	289	381	15	CBS	60 Minutes (CC)		The Amazing Race 14 (N)		Cold Case "Glory Days"		The Unit "Sudden Flight"		News (N)
	287	379	16	NBC	Dateline NBC (CC)				100 Most Outrageous Moments 2 (N) (CC)				News (N)
	288	380	21	ABC	(5:30) The 81st Annual Academy Awards			The Barbara Walters Special		An Evening at the Academy Awards			KOMO 4 News
	290	382	23	FOX	Most Wanted	The Simpsons	Family Guy	Family Guy	Family Guy	Family Guy	News (N)	Q It Up Sports	House (CC)
family sports news	502	390	26	NW	Doc Zone: Dubai		ABBA: The Mamma Mia Story		CBC News: Sunday Night		To Be Announced		
	500	500	33	CNN	Newsroom		D.L. Hughley-News		Larry King Live		Newsroom		D.L. Hughley
	407	419	22	RSP	College Basketball Arizona at Arizona State. (Live)				The Ultimate Fighter		Sportsnet Connected (Live)		UFC 95 Count.
	400	400	30	TSN	(6:30) Curling 2009 Scotties Tournament of Hearts -- Draw 5. (Live) (CC)					SportsCentre	Motoring 2009	Motorcycle	SportsCentre
cable variety	552	543	25	YTV	Garfield: A Tail of Two Kitties		Prank Patrol	Prank Patrol	The Next Star (CC)		Adrenaline	Zixx Level	Mystery Hnt.
	555	545	50	TEL	Totally Spies	Totally Spies	6TEEN (CC)	6TEEN (CC)	Futurama	Punch	Life's a Zoo	Life's a Zoo	Gay Couple
	268	354	5	KNO	Amazing Planet (CC)		Doc Martin "The Two of Us"		Rebus "Resurrection Men" (N)		Dalziel-Pascoe		Montreal Jazz
	575	583	20	CMT	Three Chords	Three Chords	Cheerleader Nation		Cheerleader Nation		Three Chords	Three Chords	Cheerleader
	615	520	31	A&E	The Sopranos (CC)		The Sopranos (CC)		CSI: Miami "One Night Stand"		CSI: Miami (CC)		The Sopranos
	521	560	34	TLC	48 Hours: Hard Evidence		48 Hours: Hard Evidence		48 Hours: Hard Evidence		48 Hours: Hard Evidence		48 Hours
	616	522	39	SHO	The Guard (CC)		A Life Interrupted (2007, Docudrama) Lea Thompson. (CC)				Damages (N) (CC)		The Guard
	294	650	47	TBS	(6:45) Men in Black II ★★ (2002) (PA) (CC)			Spider-Man ★★★ (2002, Action) (PA) Tobey Maguire, Willem Dafoe. (CC)					In-Army Now
	603	561	52	FN	The Next Food Network Star		The Heat	The Heat	Challenge Bartender battle.		Iron Chef America (CC)		Next Star
	320	621	60	CEN	(6:00) Beowulf ★★ (2007)		The Killing of John Lennon ★★★ (2006) Jonas Ball. (CC)				Gone Baby Gone ★★★ (2007) Casey Affleck.		
	581	566	101	MTV	Cribs (CC)	Cribs (CC)	After	Play'd (CC)	Made Hip hop dancer. (CC)		Cribs (CC)	Cribs (CC)	City Live After

alien abductions
conspiracy theories
economic meltdown

George Noory, Coast to Coast AM host

ENTER TO WIN TICKETS TO SEE

Coast to Coast AM host, George Noory live at the River Rock, February 28th.

Enter online at:
metronews.ca

TALK 1410AM
The Buzz of Vancouver

metro
Do it daily.

Walsh 'might' stick with Grey's
Katherine Heigl and T.R. Knight may be leaving Grey's Anatomy — but there's one star who could be coming back. Kate Walsh hinted, "I might," when she was asked by Us Magazine. **USMAGAZINE.COM**

Going Out

Metro's 7th Heaven: Metro taps what's hot right now

1 Oscar time
TV Time to get the Oscar pool going and stock up on popcorn — Hollywood's biggest night is upon us. Other than the usual red carpet fanfare and onstage theatrics, the Academy's promising several surprises during this year's show. (Does that mean Slumdog will not win best picture?) Airs Sunday night on CTV.

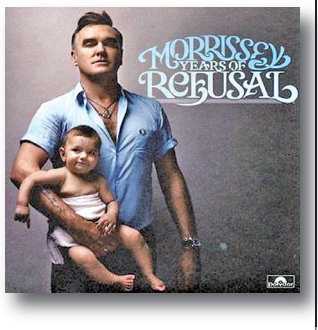
2 Duffy
ARTIST It takes a British R&B sensation to send global darlings Coldplay home empty-handed from an awards night. The 24-year-old Welsh singer topped the Brits — the island's Grammys — Wednesday, winning three awards including the coveted best new album for her 2008 release Rockferry.

3 Religulous
DVD American funnyman and rabble-rouser Bill Maher collides head-on with all things God in this devilishly entertaining documentary. From the deep American South to Jerusalem, Maher's travels and encounters will make sure you have something to talk about around the office water cooler for days.

4 The '80s look
FASHION Shoulder pads are back. So are the Robert Palmer-style second skin dresses, dark lipstick and, yes, acid-wash jeans. Reagan-era chic was big with designers Marc Jacobs, Donna Karan, Alexander Wang, Diane von Furstenberg and others as they unveiled their new collections at New York Fashion Week.

5 The Legend of Sigurd and Gudrun
BOOK More fodder for J.R.R. Tolkien fans. Publishers Houghton Miffin Harcourt announced this week that this thorough reworking of old Norse epics by The Hobbit author will be out this spring.

6 The International
FILM Forget Osama bin Laden. If this taut thriller (starring Clive Owen and Naomi Watts) is to be believed, the root of all evil is ... bankers. If that's not timely, then what is?



7 Years of Refusal: Morrissey
ALBUM The Moz is angry and that's a good thing. In Years of Refusal, the king of mope rock rages and rants against the backdrop of a tightly honed garage band, giving us probably his most vital album since Vauxhall and I.

New York Fashion Week Always a silver lining

LEFT: SCOTT GRIES/GETTY IMAGES; RIGHT: BRENDAN MCDERMID/REUTERS

With designers such as Diane von Furstenberg, left, and Badgley Mischka, right, defiantly decking out their fall 2009 collections with rich metallics at Mercedes-Benz Fashion Week in New York City, it had fashion devotees thinking, even if only for a moment, "What recession?"

Mix of Six
HOT & HAPPENING WEEKEND EVENTS IN THE CITY
For more great events, visit: **metronews.ca/entertainment**

David Blair CD release
When: Friday, 7 p.m.
Where: Granville Island Stage
Vancouver based singer-songwriter David Blair will celebrate his upcoming sophomore album Things Left Unsaid. All funds raised will go toward the non-profit School Alliance of Student Songwriters that Blair co-founded. For more information, go to myspace.com/davidblair songs.

Illuminate Yaletown
When: Saturday, 5:30–9:30 p.m.
Where: Yaletown; along Mainland and Hamilton Streets, between Nelson Street and Pacific Avenue
Illuminate Yaletown will combine local and international lighting artists, DJs and musicians to create up to 10 light-art-music installations. Price: Free. For more information, go to yaletowninfo.com or call 604-683-7473.

The Cultch presents Maita
When: Friday and Saturday, 7 p.m.
Where: Waterfront Theatre
At the age of eight, Maita's father, a puppeteer, "rents" her to a factory to pay off family debts. Since she is able to read and count she becomes indispensable to the head of the factory, who keeps her working hard. For more information, go to thecultch.com.

Carnaval 2009
When: Saturday, 8:30 p.m.
Where: River Rock Show Theatre
The Brazilian Community Association presents Carnaval, where you can enjoy lots of dancing and a parade of Carnaval costumes as they take you to a journey through the different states in Brazil and how they celebrate the Carnaval. Tickets: $30. For more information, go to bcavancouver.com.

Climb the Wall: The Stairclimb for Clean Air 2009
When: Sunday
Where: Sheraton Vancouver Wall Centre Hotel
More than 500 people will go one-on-one with B.C.'s tallest staircase in support of clean air and lung health. Participants are asked to raise a minimum of $100 or more to partcipate. To sign up, visit stairclimb.ca.

B.C. Home and Garden Show
When: Friday 12–9 p.m., Saturday 10 a.m.–9 p.m., Sunday 10 a.m.–6 p.m.
Where: B.C. Place Stadium
The home and garden show offers new ideas, expert advice and a great selection of home-related products to help renovate, rejuvenate and decorate your home and garden. For more information, go to bchomeandgarden show.com.

YOU COULD
WIN
A PAIR OF RUN OF ENGAGEMENT PASSES TO SEE
FRIDAY THE 13TH
Other prizes to be won include:
• Friday the 13th Prize packs
• 1 Limited Edition 1:4 Scale model of Freddy Kreuger!

NOW PLAYING
VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!
No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes February 20, 2009. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.
metro Do it daily.

Ford and Flockhart to wed?

Harrison Ford and Calista Flockhart could finally be walking down the aisle — or they may have secretly done so already. The New York Post cites sources that say the two filed the paperwork for a marriage license. METRO NEWS SERVICES

Celebrity Buzz

Liposuction led to medical mishap for Usher's wife?

HEALTH Usher reportedly had no idea his wife was planning to undergo plastic surgery in Brazil, according to female-first.co.uk.

The website is alleging the singer only discovered Tameka Raymond was having liposuction earlier this month when he received a phone call to say his wife was in an induced coma, according to In Touch Weekly magazine.

Usher rushed to the Sao Rafael Hospital in Sao Paulo, Brazil, after learning Tameka had suffered cardiac and respiratory arrest when she was being anesthetized, it reports.

Tameka was revived with a heart massage and placed in an induced coma before being moved to the intensive care unit. She was later transferred to Sirio-Libanes Hospital — one of the best in Brazil.

After spending 11 days recovering from the incident, Tameka was finally released from hospital on Monday. A spokeswoman for the hospital refused to elaborate on her health, saying: "We do not have any more information about her condition."

METRO NEWS SERVICES

Solange's pill scare

PEOPLE Beyoncé's younger sister, Solange Knowles, was admitted to a hospital after suffering from an adverse reaction to Vicks NyQuil pills onboard a flight from New York on Tuesday, intouchweekly.com reports.

The incident unfolded in front of fans' eyes as she posted throughout the trip on her twitter.com page. "I think maybe I'm getting high off it because I'm not sleeping," said Solange. "I didn't know Nyquil could do this to you." After an unsuccessful attempt to sleep, she added, "think I'm certified loosing it."

Soon, the R&B singer did get to close her eyes, but not in the way she expected: She passed out in baggage claim, the website reports. "How'd I end up in the hospital? ... Guess I passed out!" Solange was then hooked up to an IV due to dehydration and low blood pressure. "I'm like still in shock. I've never passed out before."

METRO NEWS SERVICES

Rihanna's sales up, Brown's down

CAREER Sales of Rihanna's 2007 album, Good Girl Gone Bad, have soared in the wake of her alleged altercation with boyfriend Chris Brown the night before the Grammy Awards, climbing 33 per cent since the incident, according to E! News.

But all the press attention isn't helping Brown, whose latest album, Exclusive, continued to fall down the charts, not even registering in Billboard's top 200.

METRO NEWS SERVICES

Busy Jolie-Pitt schedule

FAMILY Before heading back to L.A. for the Oscars this Sunday, Brad Pitt took his boys for a little luck-generating fun in Las Vegas. Pitt was spotted at the Hard Rock Hotel and Casino with sons Maddox and Pax, according to People magazine.

Meanwhile, Angelina Jolie kept daughters Zahara and Shiloh entertained in New York while she prepared for her next movie, Salt, which will film there.

The family will reunite in California for the Oscars, where both Pitt and Jolie are nominated for top awards.

METRO NEWS SERVICES

Ellen and Portia preparing for kid?

PEOPLE Ellen DeGeneres and partner Portia de Rossi will undergo fertility treatment to start their own family, femalefirst.co.uk reports a U.S. tabloid as alleging.

DeGeneres recently revealed they were looking to step away from the spotlight and live the quiet life on a farm, once her U.S. talk show contract ends in 2010, the website adds.

Star magazine claims the couple is planning to have a biological child — and de Rossi will soon begin in vitro fertilization (IVF) treatment.

A source tells the publication, "(de Rossi) is prepared to go through it (IVF) 10 times if she has to. Whatever it takes to get pregnant, she'll do it. She's been changing her eating habits. Her goal is to gain a few pounds before they start the IVF process.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Nicollette no man-eater

RELATIONSHIP Nicollette Sheridan is "always looking for a man," female-first.co.uk reports. Although the Desperate Housewives actress — who split from fiancé Michael Bolton last year — wants to find love, she is only interested in men who will treat her well.

She said: "I'm always looking for a man. But please, only princes should talk to me."

Sheridan insists she is nothing like her character Edie Britt in the hit show, and doesn't want potential love interests to confuse her with the man-eater.

She added to People magazine: "I'm totally different from her, and besides, she'll die next season anyway."

METRO NEWS SERVICES

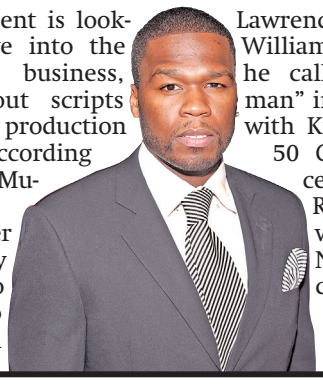
50 Cent tries hand at comedy

CAREER 50 Cent is looking to move into the comedy business, searching out scripts through his production company, according to Contact Music.

The rapper is reportedly eager to team up with Martin Lawrence and Seann William Scott, whom he called "a funny man" in an interview with King magazine.

50 Cent most recently starred in Righteous Kill with Robert De Niro and Al Pacino.

METRO NEWS SERVICES



Wedding bells for Hayden and Rachel?

MARRIAGE Former The O.C. star Rachel Bilson is reportedly set to marry longtime boyfriend Hayden Christensen, though the couple haven't set a date yet. The two were engaged quietly over the holidays in Vancouver, a source told Star magazine. And a spy for Page Six saw the pint-sized actress on an L.A.-bound flight sporting her engagement ring. The eyewitness overheard Bilson tell another passenger, "I'm not married yet, just engaged. I know I look like I'm 15, but I'm actually 27."

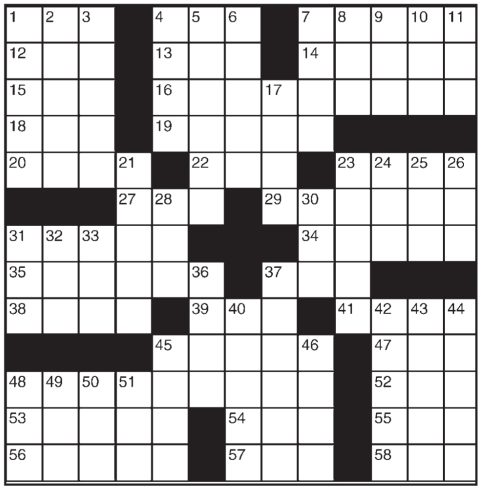
METRO NEWS SERVICES

All inclusive prices include conventional Laser Vision Correction with microkeratome. Additional fees for post-op care, CustomVue, Blade-free LASIK. Burnaby prices only. Prices subject to change without notice and not combind with any other offer.

The Weather Network 20 YEARS
©The Weather Network 2008
Today Sunny 10°/ 0°
Saturday Variable 8°/ 3°
Sunday Showers 70% 8°/ 6°
PLAN YOUR LUNCH WISELY... Download WeatherEye™ Today!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Crossword across

1 Sceptre adornment
4 Spinning meas.
7 First-anniversary gift
12 Sheepish remark?
13 Will Smith biopic
14 Impressive setup
15 Recede
16 Human-lion dragon hybrid
18 Copper head?
19 Villain's look
20 Radiator noise
22 Historic time
23 "Bye Bye Birdie" song
27 Frequently
29 "Deal or No Deal" host
31 Acid type
34 Spacious
35 Way
37 Moment
38 Shetland, for one
39 Midafternoon, in a way
41 Beneficent
45 Bread
47 — juice (milk)
48 Woody Allen movie
52 Present topper
53 Wanted-poster datum
54 Time of your life?
55 Work with
56 Furrier's wares
57 Wield a needle
58 Conger or moray

Crossword down

1 West Indian magic
2 Synagogue VIP
3 Infants
4 St. Louis squad
5 Mars, e.g.
6 Clementine's dad, e.g.
7 Poker holding
8 Joan of —
9 Expert
10 Anvil site
11 Alternative to white
17 4-Down, e.g.
21 One of the Corleones
23 Rap
24 Altar affirmative
25 Rep. rival
26 Crafty
28 Adversary
30 Exist
31 Pump up the volume
32 Long March leader
33 B&B
36 Urban disturbance
37 Stored fodder
40 Teeny bits
42 Dye deeply
43 Sue Grafton's "N"
44 Wooden peg
45 Church service
46 From the start
48 Navigation aid
49 Hearty quaff
50 Zero
51 Chapeau

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8						2	
	6	4	7		3	5	9	
1		5				3		7
			1	9	6			
				7				
			3	2	4			
8		9				4		5
	4	1	2		5	6	3	
	5						8	

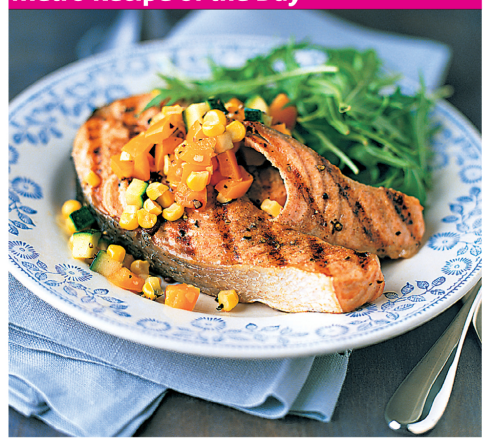
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	9	4	6	1	8	5	3	7
3	8	6	7	5	2	1	4	9
7	1	5	4	9	3	6	2	8
4	6	9	1	8	7	2	5	3
1	3	8	5	2	9	7	6	4
5	2	7	3	6	4	9	8	1
6	7	3	9	4	5	8	1	2
8	4	1	2	7	6	3	9	5
9	5	2	8	3	1	4	7	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Grilled Salmon with Relish

INGREDIENTS:
1/4 tsp (1 ml) sugar plus 2 tbsp (25 ml) sugar
1 tsp (5 ml) ground coriander
1/2 tsp (2 ml) salt
1/2 tsp (2 ml) cinnamon
1/4 tsp (1 ml) cardamom
1/4 tsp (1 ml) black pepper
4 salmon steaks (6 ounces each)
1/2 tsp (2 ml) yellow mustard seeds
1/3 cup (75 ml) distilled white vinegar
1 zucchini, cut into 1/4-in. (0.5-cm) dice
1 orange or red bell pepper, seeded and cut into 1/4-in. (0.5-cm) dice
1 cup (250 ml) corn kernels, fresh or thawed frozen

MEHTOD:
1. Spray grill rack with nonstick cooking spray. Preheat grill to medium. Combine 1/4 tsp (1 ml) of sugar, coriander, salt, cinnamon, cardamom, and black pepper in small pot. Measure out 1 1/4 tsp (6 ml) of spice mixture and rub into one side of each salmon steak.
2. Add remaining 2 tbsp (25 ml) sugar, mustard seeds, and vinegar to spice mixture in pot, and bring to a boil over medium heat. Add zucchini, bell pepper, and corn, and cook until bell pepper is crisp-tender, about 4 minutes.
3. Place salmon, spice-side down, on grill and cook, without turning, until just done, about 5 minutes. Serve salmon topped with relish.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
A relative behaves in an extraordinary manner. You can slide over a minor insult without flinching. Someone has played a game and lost.

TAURUS ♉
APRIL 21-MAY 21
A blond will lead you out of a dilemma. Someone will back out of a promise. Unforeseen delays must be taken into account.

GEMINI ♊
MAY 22-JUNE 21
Get to the point with a supervisor. You'll have to ease fears when plans don't work out. Insulting anyone will be a remarkably bad idea.

CANCER ♋
JUNE 22-JULY 22
A talented person's partner is out of control. Incomplete messages will cause distress. You'll find a way to go out and play tonight.

LEO ♌
JULY 23-AUG 23
A distressed female will demand a plan. There'll be shocking news about someone. A social climber wants to know how you feel.

VIRGO ♍
AUG 24-SEPT 22
Romantic indiscretions are becoming obvious. Don't forget someone because you're in a rush. You can accept an invitation from a social contact.

LIBRA ♎
SEPT 23-OCT 23
A man will try to make a weak justification. Take control of yourself in a confusing situation. A coercive colleague will earn unwanted attention.

SCORPIO ♏
OCT 24-NOV 22
An arrogant friend needs to see a specialist. Your ever reliable help is greatly appreciated. A cheater will try to influence important decisions.

SAGITTARIUS ♐
NOV 23-DEC 21
You'll get gratitude from a satisfied caller. What seems logical to you will irritate others. You'll bite off more than you can chew.

CAPRICORN ♑
DEC 22-JAN 20
A self-indulgent person will continue to disobey. Tender thoughts will find a place in your heart. Watch out for falling objects.

AQUARIUS ♒
JAN 21-FEB 18
A member of a club will settle a debate. The people in charge will solve a problem. An unrestrained person will be forced to relax.

PISCES ♓
FEB 19-MARCH 20
Analyze a bad situation before saying anything about it. The truth will be revealed by chance. True friends won't stand in your way.

Lowest Airfares Worldwide!
www.jetsettravel.ca
Join our online contest and
Win 2 Air Canada Tickets to Rome
10 Ravel Rd, North York, ON M2H 1T1 Tico # 4671319

FLIGHT CENTRE Unbeatable
CANCUN FROM $99
LAS VEGAS FROM $99
INCLUDES roundtrip airfare.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package and cruise price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Transportation related fees, fuel supplements, taxes and GST are excluded. BC REG: #HO2790

50% OFF MARKED PRICE WITH THIS COUPON TILL MARCH 1
ALL CLOTHING & ACCESORIES
Marc Emery's
CANNABIS CULTURE
307 W. HASTINGS
(Between Homer & Cambie)
604.682.1172
WWW.CANNABISCULTURE.COM/STORE
CCHQ HEADQUARTERS

Unlimited txting.
That's something to :) about.

TEXT & MORE 25 PLAN[1]

$25/MO.

- Unlimited text messaging[2]
- Unlimited local evening and weekend minutes, starting at 6 p.m.[3]
- 100 local anytime minutes + 100 bonus minutes[4]
- Call Waiting and Conference Calling[5]

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

3G BlackBerry® Storm™ 9530 smartphone

$249.95

with a $45 voice and data plan on a 3-yr. term[6] ($699.95 no term)

LG Rumour™

$29.95

on a 3-yr. term[7] ($279.95 no term)

3G BlackBerry® Pearl™ 8130 smartphone

$0

with a $35 voice and data plan on a 3-yr. term[8] ($449.95 no term)

Samsung Cleo™

$0

on a 3-yr. term[7] ($279.95 no term)

Bell txting just got better

Available at the following Bell stores:

LOWER MAINLAND

ABBOTSFORD
- 31935 South Fraser Way Sevenoaks Shopping Centre

BURNABY
- Brentwood Town Centre
- Kensington Square
- Lougheed Mall
- Marine Way Market
- Metrotown Centre
- Metropolis at Metrotown-
- Metropolis at Metrotown kiosk

CHILLIWACK
- Cottonwood Mall

COQUITLAM
- Coquitlam Centre

CRANBROOK
- First Pro Cranbrook

DELTA
- Scottsdale Centre

DAWSON CREEK
- 600 113TH Ave.

FORT ST. JOHN
- 7924 Alaska Rd.
- Totem Mall

LANGLEY
- Walnut Gate
- Willowbrook Corner
- Willowbrook Mall

MAPLE RIDGE
- Haney Place Mall

NEW WESTMINSTER
- Queensborough Landing

PITT MEADOWS
- Meadowtown Centre

RICHMOND
- Aberdeen Centre
- Blundell Centre
- Richmond Centre
- Sands Plaza

SQUAMISH
- 40446 Government Rd.

SURREY
- 10362 King George Hwy
- 13630 72 Ave.
- 8363 128th St.
- Guildford Town Centre
- Nordel Crossing
- Panorama Village
- Semiahmoo Shopping Centre

VANCOUVER
- 567 Seymour St.
- 698 West Broadway
- 1008 West Georgia St.
- 1100 Robson St.
- 1588 West Broadway
- 1709 Lonsdale Ave.
- 2154 West 4th
- 2315 West 41st
- Bentall Centre
- Capilano Mall
- Chinatown Plaza
- Lynn Valley
- Oakridge Centre
- Pacific Centre
- Park Royal N.
- Park Royal S.

OKANAGAN

CASTELGAR
- 635 Columbia Ave.

KAMLOOPS
- Aberdeen Mall
- Inside Real Canadian Superstore
- Lansdowne Village

KELOWNA
- 948 McCurdy Rd
- Dilworth Shopping Centre
- Orchard Park Shopping Centre

PENTICTON
- Peachtree Square

PRINCE GEORGE
- Pine Centre

QUESNEL
- 259 Reid St.

VERNON
- 4710 31 St. Unit 106
- Village Green Mall

WILLIAMS LAKE
- Boitanio Mall

VANCOUVER ISLAND

NANAIMO
- Country Club Centre
- Woodgrove Centre

VICTORIA
- Bay Centre
- Hillside Shopping Centre
- Mayfair Shopping Centre
- Westshore Town Centre

Also available at these retailers:

CAMPBELL RIVER Pure Wireless
COURTENAY Pure Wireless
DUNCAN VI Cellular
MISSION Valley Toys Ltd
WHISTLER WSC Communications
COSTCO WHOLESALE
booth the telephone booth
WIRELESS etc...
((WIRELESSWAVE))

Offer ends March 31, 2009. Available with compatible devices within Bell Mobility high speed mobile network coverage areas. Weeknights Mon-Thu, 6pm-7am; Weekends Fri 6pm-Mon 7am. Other monthly fees, i.e., e9-1-1 (75¢), system access (not a government fee) ($8.95), and one-time device activation ($35) apply. Long distance and roaming charges (including foreign taxes) may apply outside your local area. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. (1) With new activation on a 3-yr. term. (2) Received messages include local, international, roaming and service related messages from Bell and exclude premium, alerts and dial-up messages. Sent messages include local messages and exclude international, roaming, alerts, premium messages and messages sent with an instant messaging application. (3) Applies to airtime for calls in your local calling area. (4) Bonus minutes apply during the initial contract term. (5) Simultaneous use of airtime. (6) With new activation on a post-paid voice plan and a data feature with a total min. value of $45/mo. (7) With new activation on a post-paid voice plan. (8) With new activation on a post-paid voice plan and a data feature with a total min. value of $35/mo. BlackBerry® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Rumour is a trademark of LG Electronics Inc. Samsung Cleo is a trademark of Samsung Electronics Co., Ltd., and its related entities.